Lesson Structure:

Charter > Connect Us >

Calm Me >Open My Mind >

Tell Me or Show Me > Let Me learn

Help Me Reflect

Relationships

Year 6

Big Question:

How might people feel if they lose someone special to them and how can they manage these feelings?

Assessment Outcomes:

I can identify when people are trying to gain power or control. I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations

I know that it is important to take care of my mental health. I understand that people can get problems with their mental health and that it is nothing to be ashamed of.

Mental health, Ashamed, Stigma, Stress, Anxiety, Support

I know how to take care of my mental health . I can help myself and others when worried about a mental health problem.

Mental health, Worried, Signs, Stress, Anxiety, Warning, Support

I understand that there are different stages of grief and that there are different types of loss that cause people to grieve. I can recognise when I am feeling those emotions and have strategies to manage them.

Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Acceptance, Bereavement, Coping, strategies

I can use technology positively and safely to communicate with my friends and family. I can take responsibility for my own safety and well-being.

Communication, Technology, Power, Control, Cyberbullying, Abuse, Safety

I can judge whether something online is safe and helpful for me. I can resist pressure to do something online that might hurt myself or others.

Risks, Pressure, Influences, Self-control, Real/Fake, True/Untrue, Assertiveness, Judgement

I can recognise when people are trying to gain power or control. I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control.

Power, Control, Authority, Bullying, Script, Assertive, Strategies

Key Vocabulary

Mental health, Stress, Anxiety, Support, Self care, Coping, Power, Control, Assertive, Self control, Judgement, Cyber bullying, Grief

Threads

Ruler , Health & Wellbeing