



Upperwood Academy - PSHE/SRE

Mental Health

At Upperwood Academy, children will encounter many of life's challenges for the first time. We aim to provide children with the knowledge and skills needed to lead safe, healthy, and happy lives. Children will develop the skills needed to manage different influences and pressures, as a part of their personal development. They will experience challenging situations in a safe environment.



EYFS

Feelings and Emotions

- Understanding emotions.
- Managing feelings.
- Worry.
- New siblings
- New girlfriend.

Classes 5, 6 & 7

Feelings and Emotions:

- **Grief** - name emotions and their effects, pleasant and unpleasant emotions, coping with different emotions & feelings can be communicated with or without words.
- **Jealousy** - recognise good & not so good feelings, supporting each other who are lonely/jealous/upset & strategies to help & manage.

Classes 2, 3 & 4

Feelings and Emotions

- **Jealousy** - name emotions & their effects, pleasant & unpleasant emotions, coping with different emotions & feelings can be communicated with or without words.
- **Worry and anger** - name emotions and their effects, pleasant & unpleasant emotions, coping with different emotions & feelings can be communicated with or without words.

Classes 8, 9 & 10

Feelings and Emotions:

- **Anger & adult's and children's views** - pleasant & unpleasant emotions, affect on ourselves & others & strategies to help & manage.
- **Worry** - thoughts, feeling & emotions, reduce the feeling of worry, support others who worry & effect on ourselves & others & strategies to help & manage.