

Primary EHWB Overview of resources 23.08.22

<p>Yr 1 Mental Health PSHE Association Mental Health and emotional wellbeing lessons KS1 We all have feelings Good and not so good feelings Big feelings Change and loss</p>	
<p>Yr2 Beano for schools Understanding our emotions Being brave and becoming resilient Managing emotions Managing stress Understanding emotions Release your resilience</p>	
<p>Yr3 Mental Health PSHE Association Mental Health and emotional wellbeing lessons KS2 Yrs 4/5 Everyday feelings Expressing feelings Change, loss and grief Managing feelings</p>	
<p>Yr 4 Beano for schools Understanding our emotions Being brave and becoming resilient Managing emotions Managing stress Understanding emotions Responsible use of mobile phones Release your resilience</p>	
<p>Yr5 Self care Talking mental health Self-care plan primary</p>	

Self-care	
<p>Year 6 Every Mind Matters</p> <ul style="list-style-type: none"> • Bullying and cyberbullying • Physical and mental wellbeing • Building connections • Worry • Social media • Sleep • Self-care 	<p>Yr 6 Mental Health PSHE Association Mental Health and emotional wellbeing lessons KS2 Yrs 5/6</p> <p>Mental health and keeping well</p> <p>Managing challenges and change</p> <p>Managing loss and bereavement</p> <p>Feelings and common anxieties when transitioning to high school</p> <p>Transition to secondary school</p> <p>Moving up Anna Freud</p> <p>Transition to secondary school</p>
<p>Self- management Calming down strategies</p> <p>PEStartwithHeartPreK.pdf (pureedgeinc.org) Reception</p> <p>PEStartwithHeartK-2.pdf (pureedgeinc.org) 1, 2, 3</p> <p>PEStartwithHeart3-5.pdf (pureedgeinc.org) 4, 5, 6</p>	<p>Sleep</p> <p>Yr 6 Sleep</p> <p>Why do we need sleep</p> <p>Good sleep for kids and teens</p> <p>Why do we need sleep?</p> <p>PSHE Association Sleep factor KS1&2</p>
<p>General Resources</p> <p>See Norfolk SEL resource 15.08.22</p> <p>British Red Cross teaching resources: primary resources</p> <p>Kindness/loneliness/managing stress/coping skills/resilience/empathy and resilience</p>	<p>Online safety</p> <p>Keeping safe online</p> <p>Chicken Clicking by Jeanne Willis - YouTube</p> <p>Thinkuknow – home</p> <p>Own It - A place to help you boss your life online - Own It - BBC</p> <p>Online and mobile safety Childline</p> <p>Beano for schools Responsible use of mobile phones</p>