



Haydock English Martyrs' Catholic Primary School - Whole School, Positive Mental Health and Wellbeing Long Term Plan

	AUTUMN TERM	SPRING TERM	SUMMER TERM
	<p><u>Memorable knowledge</u></p> <ul style="list-style-type: none"> ○ Develop an understanding of positive emotions ○ Emotional Check In - How do you feel today? (Scale 1 -5) ○ Develop language of compliments ○ Begin to recognise the importance of giving and receiving positive affirmations (compliments – I am the Bee's Knees) ○ Develop positive use of language ○ Explore the meaning of emotions ○ Learn and begin to apply coping strategies – e.g., 'Star Breathing' 	<p><u>Memorable knowledge</u></p> <ul style="list-style-type: none"> ○ Continue to explore coping strategies along with reasons why each person copes differently ○ Implement personal coping strategies ○ Understand a range of thoughts and feelings ○ Continue to develop an understanding of positive emotions and use of language ○ Begin to notice and appreciate the positive aspects of life ○ Begin to develop an understanding of the importance of savouring things they've enjoyed ○ Develop an understanding of what is meant by gratitude 	<p><u>Memorable knowledge</u></p> <ul style="list-style-type: none"> ○ Identify and discuss how others feel and reasons for this ○ Explore the importance of comfort zones and why people have different, preferred comfort zones ○ Develop their ability to ask questions that develop their problem-solving skills ○ Apply their understanding of coping and the strategies they have acquired to aid transition to a new class and year group

