



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

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





