



RSHE: Mental Wellbeing

Year 6: Autumn 1

Key Vocabulary

listen	Take notice of and act on what someone says; respond to advice or a request.
respond	To do something as a reaction to someone or something.
impulsivity	Acting or done without forethought.
conflict	A serious disagreement or argument.
resolve	To settle or find a solution to (a problem or contentious matter).
resolution	The action of solving a problem or contentious matter.
trigger	An event that is the cause of a particular action, process or situation.
restraint	The action of keeping someone or something under control.
identity	The characteristics determining who or what a person or thing is.

Website Links

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-growth-mindset-how-to-develop-a-positive-mindset/z6gb2sg>

Concepts

Respect – learning to value and honour another person even if we do not share or approve of everything they do.

Safety – the condition of being safe; freedom from danger, risk, or injury. This includes physical and emotional safety, as well as online safety.

Key Questions

- *Why do we argue?
- *Is arguing always a bad thing?
- *Who am I? What makes you you?
- *Are you always the same?
- *Are you different from the person you were a year ago?
- *What do we mean by 'the voice in your head' or our 'inner voice'?