



RSHE: Mental Wellbeing

Year 3: Autumn 1

Key Vocabulary

responsibility	The state or fact of having a duty to deal with something or of having control over someone.
anger	A strong feeling of annoyance, displeasure or hostility.
happiness	The state of being happy.
nervousness	The quality or state of being nervous.
fear	An unpleasant emotion caused by the threat of danger, pain or harm.
grief	Intense sorrow, especially caused by someone's death.
blame	Feel or declare that (someone or something) is responsible for a fault or wrong.
guilt	The fact of having committed a specified or implied offence or crime.
responsibility	The state or fact of having a duty to deal with something or of having control over someone.
ashamed	A feeling of embarrassment or guilt because of one's actions, characteristics or associations.
regret	Feeling sad, repentant; or disappointed over (something that one has done or failed to do).
apologise	When a person expresses regret for something that they have done wrong.
stress	The body's way of responding to any kind of demand or threat.

Website Links

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-growth-mindset-what-is-a-good-mistake/zd9c6v4>

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

- *How do I manage my feelings?
- *How should we respond to our emotions?
- *Which are the positive/negative ways to deal with emotions?
 - *Why does talking and sharing feelings help?
 - *What does "listening to your feelings" mean?
 - *Why should we avoid shouting at people?