

Vocabulary

resilience - to be able to cope with different situations and recover quickly from any setbacks.

strategies - a plan or way of dealing with something.

mechanisms - the strategies people use to deal with stress and/or trauma.

setbacks - something that happens that stops the progress of something.

life skills - a skill that is needed in everyday life.

mental health - we all have mental health. Your mental health affects how you feel, think and behave. **responsible** - having control over what we do and making the right decision.

identity - a set of beliefs, personality, looks that separate you from someone else. A way of proving who you are.

personal information - any information that can be used to identify you. It includes things like your full name, address, date of birth, school you go to or where you live.

scenario - a pretend description or example of something that happened/could happen.

cyber-bullying - bullying someone online by leaving unkind messages or doing something unkind online.

discrimination - judging people differently because of their differences e.g. skin colour, age, gender, religion, opinions.

background - the kind of family you come from, your social and racial origins and education.

influence - to have an effect on someone or something.

diversity - involving people from a range of different social and ethnic backgrounds.

9 Habits



Compassionate - I will explain how I am intending to help others and I will be able to help others in need. I will be able to bring hope to others.



Honest - I will know I need to be honest even when this feels difficult. I will build trust with others.



Hopeful - I will learn how to not give up even when things are difficult. I will understand I need to work hard to overcome challenges.



Self-controlled - I will learn the importance of being able to manage my responses in different situations.

Golden Threads



Character: I will understand what it means to have responsibility over my actions and my choices.



Competence: I will learn about resilience and how to develop this in myself.



Community: I will understand about discrimination and how this impacts people within my community.

Mental Health

We all have mental health. Your mental health affects how you feel, think and behave. Your mental health can change on a daily basis and over time and can be affected by a range of factors. In this unit we will specifically look at the changes in people's feelings, thoughts and behaviour when they experience: Teasing online and offline, Have photos shared online without their permission, Rumours being spread in school about them.

Resilience

Resilience is the ability to be able to cope with different situations and recover quickly from any setbacks. Resilience is a very important life skill when it comes to managing our emotions. If things do not go as well as we hoped it is important to not give up and keep working hard towards our aims and goals.

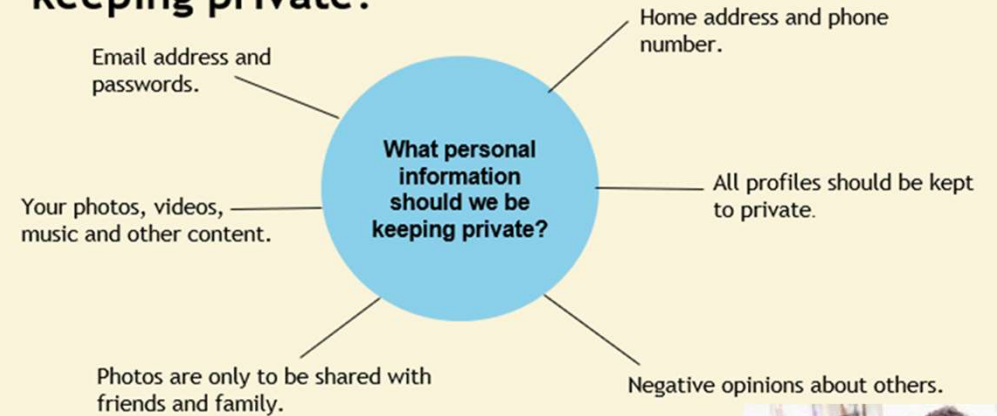
BOUNCEBACK! If we feel like our emotions are taking over we can do some calming down techniques.

To avoid letting things get worse it is important to resolve conflict by talking to each other and coming up with a solution in order to move on.

If we are unable to deal with our problems using our own strategies, then it is important to get help from a trusted adult.

Personal Information:

What personal information should we be keeping private?



Bullying behaviours

The key features of bullying are:

1. **It doesn't just happen once;** it goes on over time and happens again and again.
2. **It is deliberate;** hurting someone on purpose, not accidentally.
3. **It is unfair;** the person doing the bullying is stronger and more powerful (they might be older, bigger, or there may be more of them, and even if they are enjoying it, the person they are bullying is not.)

There are 3 types of bullying behaviours.

Verbal - things that are said which are mean, unkind, hurtful and making fun of others.

Mental - things which are done to cause upset e.g. leaving someone out, teasing, talking and whispering about people, making people feel uncomfortable, embarrassed, humiliated.

Physical - hurting somebody repeatedly, throwing things, biting etc.



Previous Learning

Year 3

- Know how to manage and respond to emotions appropriately and proportionately.
- Know about the importance of keeping personal information private.
- Know strategies for keeping safe online.
- Know what personal information is and what is safe to share.
- Identify personal strengths, skills, achievements and interests.

Current learning

- Know how to manage emotions.
- Understand that my personal behaviour can affect other people.
- Recognise and model respectful behaviour online.
- Know strategies for keeping safe online.
- Know the impact of bullying and the consequences of hurtful behaviour.
- Understand what discrimination is and how to challenge it.

Future learning

Year 5

- Know the importance of taking care of mental health.
- Know about strategies and behaviours that support mental health.
- Know how to negotiate and compromise.
- Know how to stay safe online.
- Recognise ways in which the internet and social media can be used both positively and negatively.

Independent learning at home

Look at the website pages and play the games/watch the videos:

<https://www.bbc.co.uk/teach/school-radio/assemblies-ks2-diversity-difference-prejudice/z3f6qfr>

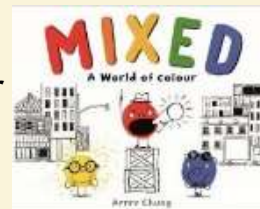
Learning together at home

Read the story 'Mixed World Of Colour' by Arree Chung presented online by Greenbank Primary school. Try some of the activities together from days 1 and 2 with your grown ups.

<https://greenbank-primary.co.uk/wp-content/uploads/2020/07/lks2-w.c.29.06.20-reading-activities.pdf>

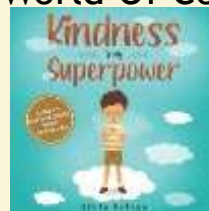


Story zone - Click on images to hear the stories.



Watch and listen to the story of Mixed World Of Colour by Arree Chung

Watch and listen to the story, Kindness Is My Superpower by Alicia Ortego.



Listen to a short part of My skin, Your skin by Laura Henry-Allain MBE

Develop your child's knowledge about online safety through playing these 8 games with them:

<https://www.gohenry.com/uk/blog/online-safety/8-online-safety-games-for-kids>

***Select those that are age and need appropriate.