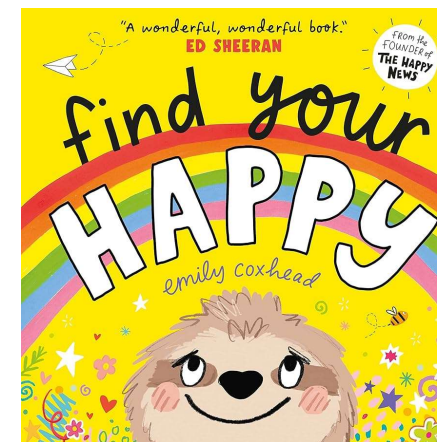


## An overview of PSHE in Year 4 – Autumn Term 1

In PSHE lessons this half term, we will be thinking positively. We will build on what the children have previously learned in Year 2 about feelings, positive and negative thoughts and how our attitude towards life can affect our mental health. Lessons will centre around themes such as managing difficult emotions, taking responsibility for decisions and developing a growth mindset approach to learning. You may like to complete a positive diary at home with your child. Below you can read the overview of learning objectives for this PSHE topic. Our learning will also link to the book Find your Happy by Emily Coxhead, which explores positive and negative thoughts and how we can support ourselves when we feel certain ways.



- **Happy Minds- Happy People**  
Children will learn more about how to think positively. We will discuss strategies to overcome negative thoughts creating a growth mindset. Each child may have their own unique way of staying positive, these can be shared with the class.
- **Thoughts and Feelings**  
Children will decipher between thoughts and feelings using different scenarios. We will learn how to talk to ourselves when negative thoughts enter our heads.
- **Changes**  
We will learn more about change in different parts of our lives. Some topics which will arise are bereavement, separation, and divorce. We will learn that change is difficult but that there are things we can do to cope.
- **Keep Calm and Relax!**  
Children will learn to recognise that they may experience conflicting emotions and when they might need to listen to overcome these. We will talk about how their body will, and their emotions may, change as they approach puberty.
- **You're the Boss**  
Children will begin to learn what positively and negatively affects their physical, mental, and emotional health. Using scenarios, we will identify uncomfortable emotions and learn how to manage them effectively.
- **Always Learning**  
Children will reflect on and celebrate strengths and areas for improvement. This will help them to set high aspirations and goals for Year 4. They will begin to apply a positive attitude towards learning, embracing new challenges.