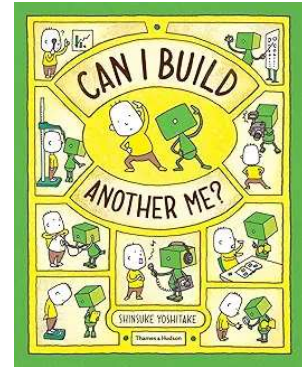


## An overview of PSHE in Year 6 – Autumn term 1 – Think Positive

Our learning this term in PSHE will be covering the topic of Think positive.

This unit is designed to help children further develop their understanding about thoughts and emotions, both positive and negative. The lessons centre around themes such as: the links between our thoughts, feelings and emotions and making good choices. We will begin the unit using the story 'Can I Build Another Me' by Shinsuke Yoshitake looking at what makes me, me and thinking about what is positive about ourselves and others in our class.



Below, you can read the overview of learning objectives for this PSHE topic.

- **The cognitive triangle**

Children will deepen their understanding of good and not-so-good feelings and consider what positively and negatively affects their physical, mental and emotional health. They will learn to understand the link between thoughts, feelings and behaviours. They will discuss the cognitive triangle and complete a worksheet of what happens when someone has a feeling.

- **Thoughts are not facts**

Children will be understanding of the concept and impact of positive thinking. They will discuss what helpful and unhelpful thoughts do and what they should do about unhelpful thoughts. We will use the test 'the Yes' by Sarah Bee and Satoshi Kitamura to help us with this.

- **Facing your feelings**

Children will be learning to recognise and manage uncomfortable feelings. We will discuss what mental wellbeing is and how we can improve it. We will discuss how to recognise and describe feelings. The children will think about feelings and use colours to represent where in their body they physically feel them.

- **Choices and consequences**

Children will be learning how their actions affect themselves and others with a focus on the importance of making good choices. We will discuss what makes a decision difficult and how to make an informed choice. The children will be given a range of different scenarios to discuss.

- **Being present**

Children will learn different techniques to help them in everyday life. We will discuss the busy lives we have and how they can be overwhelmed with various different sights, sounds and sensations. We will discuss what we currently do, or could do, when we need time out.

- **Yes, I can!**

Children will learn how to apply a growth mind-set in their everyday life. We will discuss how this can help with learning and what makes a good learner. A positive 'Yes, I can!' attitude will be encouraged.

