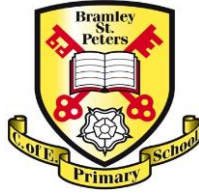


Bramley St Peter's C of E Primary School



Healthy: Inside and Out Day

As part of our PSHE and Health Education curriculum we start each half term thinking about health and wellbeing. Our lessons use the **Mindmate** curriculum and are enhanced by creative activities which promote positive mental health for children and staff. Through PSHE and Mindmate, we aim to provide the knowledge and skills our children need to be resilient, look after themselves and understand the support available to them. The PSHE curriculum complements our Growth Mindset characters: Professor Perseverance, Inspector Independence, Major Mistake and Captain Challenge.

Summer 1

Reception - Children will learn about how good friendships can help us to feel happy and safe. They will be supported to develop respectful relationships. They will learn to express their feelings and consider the feelings of others.

What makes a good friend?

What qualities do you have that makes you a good friend?

Year 1 - Strong emotions

Recognise what is fair and unfair, right and wrong.

I know when someone is being unkind, including myself.

Year 2 - Being the same, being different.

Beginning to understand empathy.

I understand my friend might have different feelings to me.

Year 3 - Being the same and being different.

Differing opinions

I accept that my friends and I might have different opinions.

Year 4 - Being the same, being different.

Know actions affect themselves & others.

I know that discrimination can hurt people's feelings.

Year 5 - Unhealthy friendships & relationships

I can describe an unhealthy relationship.

Year 6 - Strong emotions

Happiness

I have a good understanding of emotional wellbeing.

To see more <https://www.bsp.leeds.sch.uk/healthy-inside-and-out-2/>

Nurture

Discover

Respect