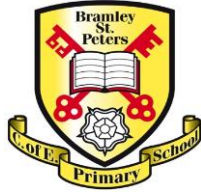


# Bramley St Peter's C of E Primary School



## 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 2

**Reception** - Children reflect on their learning journey so far and the progress they have made. They celebrate their achievements and begin to prepare for transition to year 1.

What achievements have you made? What are you good at? What do you need help with?

**Year 1 – Solving problems/ Making it better**

Setting goals & targets

*I can work & play well in a small group.*

**Year 2 - Feeling good & being me**

Celebrate strengths

*I'm good at... & I am going to try & be better at..*

**Year 3 - Solving problems / Making it better**

Dealing with difficult situations

*I can work with different people in my class.*

**Year 4 - Life Changes**

Positive & negative effects on emotional wellbeing & mental health

*I am learning to accept that I will feel a wide range of emotions depending on the situation.*

**Year 5 - Life Changes**

Aspirations to manage change positively.

*I am seeing changes in a more positive light.*

**Year 6 – Life Changes**

*I can talk about changes I am looking forward to...*

To see more about PSHE and HIAO day <https://www.bspleeds.sch.uk/pshe-1/>

*Nurture*

*Discover*

*Respect*