



# Tacolneston and Morley Federation



## Year 6 PSHE- **Health and Wellbeing** Healthy minds

### Key Knowledge

#### **What mental health is**

Know that mental health is about emotions, moods and feelings- how we think, feel and behave

That everyone has a state of mental health that changes frequently, that any one state is not necessarily permanent  
That there is help, advice and support available about mental health

#### **What can affect mental health and some ways of dealing with this**

What can affect a person's mental health  
Some ways of dealing with stress and how people can get help and support

That anyone can be affected by mental ill health

#### **Some everyday ways to look after mental health**

Explain why looking after mental health is as important as looking after physical health  
Some things that support mental health will also support physical health

#### **Learn about the stigma and discrimination that can surround mental health**

Explain the negative effect this can have  
Know what can help to have a more positive effect (and therefore to reduce stigma and discrimination)

### Vocabulary

**Mental health** - emotional, psychological and social well-being. It affects how we think, feel and act

**Emotions**- strong feelings deriving from circumstances, mood or relationships with others

**Stress** - mental or emotional strain or tension resulting from adverse or demanding circumstances

**Behaviours** - the ways in which we act or conduct ourselves, especially towards others

**Physical health** - the condition of the body

**Stigma** - a set of negative and often unfair beliefs that a society or group of people have about something

**Discrimination**- treating someone as inferior due to a variety of factors

**Advice** -an opinion or recommendation offered as a guide

**Support** - providing comfort, encouragement or help

