



Changes and Choices								
Group: Year: Term:								
PSHE								
Lesson 1	Can children identify what mental and physical health are?							
	Do children understand that mental and physical health needs can change?							
	Do children understand that their mental and physical health are personal to them?							
Lesson 2	Can children express their feelings?							
	Can children identify different sensations that feelings cause in their bodies?							
	Do children understand that feelings are transient?							
Lesson 3	Can children identify the positives of time spent online?							
	Can children identify the negatives of time spent online?							
	Can children think of alternative activities for time spent online?							
Lesson 4	Can children explain what bullying is?							
	Can children explain what bullying isn't?							
	Do children have strategies to cope with bullying?							
Lesson 5	Can children identify when to ask for help?	- 1			- 4			
	Do children know some ways to ask for help?							
Le	Are children able to identify comfortable and uncomfortable feelings?							

Copyright © PlanBee Resources Ltd 2024