

PSHE – Module 1: Unit 3 – Emotional Well-being Year 6

Prior learning: Children know the difference between feelings and actions
How to stay 'emotionally healthy'.
How to identify unacceptable behaviour and build up resilience by practising thankfulness.

At the end of this topic, pupils will know:
About pressures that they may experience from themselves, others or media.
How to build resilience and manage their thoughts, feelings or actions.
How to deal with difficult feelings such as romance or rage.

Lesson	Learning objectives
Lesson 1: Body image	<ul style="list-style-type: none"> To recognise that images in the media do not always reflect reality and can affect how people feel about themselves That thankfulness builds resilience against feelings of envy, inadequacy etc, and against pressure from peers or the media
Lesson 2: Peculiar feelings	<ul style="list-style-type: none"> Deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action Learn that some behaviour is wrong, unacceptable, unhealthy or risky
Lesson 3: Emotional changes	<ul style="list-style-type: none"> That emotions change as they grow up (including hormonal effects) To deepen their understanding of the range and intensity of their feelings; that feelings are not good guides for action That openness with trusted parents/carers/teachers when worried helps with healthy emotional well-being. That beauty, art, etc. can lift the spirit and also contribute to our sense of well-being.
Lesson 4: Seeing stuff online	<ul style="list-style-type: none"> The difference between harmful and harmless videos and images The impact that harmful videos and images can have on young minds Ways to combat and deal with viewing harmful videos and images.

Key Vocabulary

Word	Definition
Peer pressure	Feeling like you have to do something because your friends are doing it.
Body image	How you think and feel about the way your body looks.
Teasing	Making fun of someone, sometimes in a hurtful way.
Appropriate	Something that is suitable or okay in a situation.
Inappropriate	Something that is not suitable or not okay in a situation.
Infatuation	A strong feeling of liking someone, often without knowing them well.
Puberty	The time when your body begins to change and develop into an adult's body.
Hormones	Chemicals in your body that help control how you grow and feel.
Isolation	Feeling alone or being away from others.
Pornography	Pictures or videos that show private body parts or private things. It is not meant for children and can be confusing or upsetting.
Online safety	Staying safe online and using different strategies to stay safe online.



As children of God we are loved, we are called, and we are inspired.

