



Be the best that we can be.

EBJ Knowledge Organiser
PSHE and RHE

Spring 1
Melva - Wellbeing



Learning objectives

Key activities

- Initiate discussion about wellbeing and the different things that can affect it and introduce and explore the concept of building resilience
- Consider how working through challenges can make us feel good and identify things that make us feel proud. Discover how doing kind things for other people actually helps us to feel good too
- Choose a practical way to spread some kindness in your class or school
- Recognise at least one significant person in our lives who helps us feel better and who we can talk to about our worries
- Learn practical ways to build better relationships with other people in our class / group
- Identify what makes a good quality friend. Learn ways of responding when someone is unkind to us that don't harm ourselves or anyone else
- Understand that physical activity is also important for our emotional and mental health. Recognise how we can build physical activity into our everyday life, including in our classroom
- Understand that sometimes big feelings make us feel overwhelmed. Learn practical mindfulness activities to help us manage big emotions and stop us feeling overwhelmed
- Devise a personal daily wellbeing plan to support us after completing this programme

Lesson 1: Mammy Mapletree video
Read her postcard from a place called Scratchicle Town. What helps you feel good and ways to keep yourself well.

Lesson 2: Winnie's Sugarswirl Sweetshop video
Input involves resilience and new challenges. Play people bingo and create own sweet which gives special qualities, powers or properties.

Lesson 3: Barnabas' video
Think about 3 things someone has done for you and vice versa. Think about what makes you a star.

Lesson 4: Grandpa Pebble's video
Connecting with others. Think about who is important to you. Create branches on a tree with how they make you feel, things you do together

Lesson 5 Angelina Rattletoe Video - pupil who isn't kind to others and how to deal with that. Consider what makes a good friend: what good friends are, say, do and don't do.

Lesson 6: Furnus Boggle's video
Benefits of physical exercise - especially outdoors. Get active and have fun. Play Furnace Says...

Lesson 7: Feggis' video
Myotonic goat teaches mindfulness to stay calm and what to be thankful for.

Lesson 8: Mammy Mapletree video
Daily wellbeing plan.



Characters

Key Points



- Connect
- Give to others
- Learn a new skill
- Be active
- Mindfulness

