

SMSC/Mental health Planning

Term: Autumn 1 - 2nd half

Topic: Happiness/sadness

Mental health session – to be done at the beginning of half term	Input	Activity
	<p>Breathing exercises – encourage children to use these as and when they need through the week.</p> <p>https://www.bbc.co.uk/teach/class-clips-video/pshe-eyfs-ks1-feeling-happy/znnhvk7</p> <p>Watch video – being happy. What makes you happy? Tell your friend next to you what makes you happy.</p> <p>Year 1 and 2 – What has made you happy in school so far? Friends, playtime, favourite lesson etc.</p>	<p>Year R – Give children 1 post it and they draw one thing that makes them happy. Use for a display in class.</p> <p>Year 1 – Give children 2 post it and they draw or write one thing that makes them happy at school and one at home. Use for a display in class.</p> <p>Year 2 – Give children 3 post it and they draw or write one thing that makes them happy at school and one at home and where they are most happy (their happy place). Use for a display in class.</p>

	Skill	Year R	Year 1	Year 2
1	Skill – I can identify the emotion happy.	<p>LO: I can say what makes me happy.</p> <p>Show children pictures of people that are happy – discuss what they might be doing and why they are happy.</p> <p>Key questions:</p> <ul style="list-style-type: none"> • Do you know what happiness is? • What is happiness? Discuss • Talk about a time you've been happy 	<p>LO: I can say what makes me happy and why.</p> <p>Show children pictures of people that are happy with sentence underneath saying 'I am happy when I am ___ because___' e.g. I am happy when I am with my friends because they make me laugh. Talk about why these people are happy.</p> <p>Key questions:</p> <ul style="list-style-type: none"> • Do you know what happiness 	<p>LO: I can say what makes me happy and how it is different to my friend.</p> <p>Have on the board "I am happy when..." get the children to talk to their partners about what makes them happy.</p> <p>Key questions:</p> <ul style="list-style-type: none"> • Do you know what happiness is? • What is happiness? Discuss • Talk about a time you've been happy

		<ul style="list-style-type: none"> • What made you happy? • What is something that always makes you happy? <p><u>Outcome:</u> Children to say something that makes them happy, TA or CT to scribe onto a speech bubble on sugar paper.</p>	<p>is?</p> <ul style="list-style-type: none"> • What is happiness? Discuss • Talk about a time you've been happy • What made you happy? • What is something that always makes you happy? • Why might these make you happy? • Do they always make you happy? <p><u>Outcome:</u> TA to scribe I am happy when___ because___ statements for some of the children's responses and put them on the working wall. Children to be able to say what makes them happy and why.</p>	<ul style="list-style-type: none"> • What made you happy? • What is something that always makes you happy? • Why might these make you happy? • Do they always make you happy? • Do we have the same happy times as our friends? <p><u>Outcome:</u> Children to be able to say what makes them happy and what makes their friend happy. Children to write on a post it "___ makes my friend happy".</p>
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2	<p>Skill – I can identify the emotion sad.</p>	<p>LO: I can talk about being sad.</p> <p>Show children pictures of people that look unhappy and sad. Talk about what their faces look like.</p> <p><u>Key questions:</u></p> <ul style="list-style-type: none"> • Look at these pictures – what do you think they are feeling? • What is sadness? • What do we do when we feel sad? We might cry, talk to an adult, want to be on my own etc. <p><u>Outcome:</u></p> <p>Children to be able to talk about what sadness is and what they could do if they feel sad. TA/CT to write on a piece of sugar paper ideas of what children could do if they feel sad.</p>	<p>LO: I can identify a time I have felt sad.</p> <p>Show children pictures of people that look unhappy and sad. Talk about what their faces look like.</p> <p><u>Key questions:</u></p> <ul style="list-style-type: none"> • Look at these pictures – what do you think they are feeling? • What is sadness? • Have you ever felt sad? <p><u>Outcome:</u></p> <p>Children to be able to say a time they have ever felt sad. TA or CT to scribe onto sugar paper some times they have felt sad.</p>	<p>LO: I can talk about how I might help someone who is feeling sad.</p> <p>Talk about times when we have felt sad or our friends have felt sad. Discuss what we could do for our friends.</p> <p><u>Key questions:</u></p> <ul style="list-style-type: none"> • What is sadness? • Have you ever felt sad? • Have your friends ever felt sad? • Have you helped a sad friend? <p><u>Outcome:</u></p> <p>Children to be able to say one way they would help someone who is feeling sad. Children to write a sentence about what they would do.</p>
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