



Being part of the wider world / mental well being

Lesson 1

Title: My community

Learning objectives:

- To belong to a group/s and a community.
- To expect people to respect you and in turn respect others including people in position.

Lesson 2

Title: How does a community support one another?

Learning objectives:

- To be able to signpost to services within a community and beyond.
- To know about people/places that support communities locally and nationally.

Lesson 3

Title: Diversity in the UK

Learning objectives:

- To appreciate the range of national, regional, religious and ethnic identities in the United Kingdom.
- To think about the lives of people living in other places and people with different values and customs.

Lesson 4

Title: The online community

Learning objective:

- To understand how to stay safe online.

Lesson 5

Title: Community support with mental health and well being

Learning objectives:

- To develop an understanding of mental health and well-being.
- To recognise that our feelings are individual and unique.
- To know that some feelings are harder to cope with than others.
- To develop new coping strategies and know how to use them in times of need.