



Mental Health Programmes of Study for Early Years, Key Stage 1 and Key Stage 2

Purpose of study:

Mental health is the responsibility of everyone within our school community and is an area which is becoming increasingly prominent in society. At Beaconside, our vision is for well-being and good mental health to be prioritised through embedding in our Beacon Curriculum, our school culture and our whole school ethos.

It is our aim to normalize conversations about mental health and ensure there is no stigma attached to it. It is crucial for the children to grow up understanding how to keep themselves mentally well. Through specific teaching, study and discussions about mental health through their school life, children will learn the following:

- The breadth of emotions and feelings you can feel at different times and how to manage them
- Understand what their responsibility is in maintaining their own mental health
- Understand different support that is available in supporting you with your mental health
- Be aware of poor mental health and what your role is in supporting others

Development of character:

- Be able to communicate how you are feeling and notice anything that may contribute to changes
- Identify and regulate own emotions
- Take responsibility for the choices you make that specifically contribute to your well-being
- Understand the importance of listening and being aware of others and how they might be feeling and recognising when they might be unhappy or mentally unwell.

Broad areas of real-life knowledge, vocabulary and skills

- Develop and learn self-help skills in order to stay mentally well
- Know what to do when you are feeling unhappy
- Exploring and developing use of language when discussing mental health



Early Years Programme of Study

By the end of Reception:

Children will have a basic understanding of the term mental health and will appreciate it is as equally important to look after your mind as well as your body. The children will begin to look at ways of staying mentally well and will learn about feelings, how to recognise them and ways to manage them.

Looking after your body

- Understand the importance of a balanced diet and how it can affect our mood
- Understand the importance of drinking water and gaining fresh air on staying mentally well

Enjoying yourself and keeping active

- Find and explore different things that we enjoy and makes us happy
- Find ways of helping other people and understand how this can make us feel good
- Find different forms of exercise you enjoy and benefit from
- Take part in and understand the importance of exercise on our mental well-being

Communicating and socialising

- Understand who to talk to and when about your feelings
- Identify what makes us feel different ways and what to do to control this
- Understand the importance of friendship and play on our mood
- Discuss and unpick the role of being a good friend

Managing negatives thoughts and feelings

- Recognise what we are feeling and when we feel that way
- Understand how we can control and change our mood when we are feeling:
Worried, angry, scared, sad
- Understand how we manage missing someone (focus on loss, separation, loneliness, and conflict)



Key Stage 1 Programme of Study

By the end of Key Stage one:

Children will further develop their knowledge of mental health and build on their understanding of how their mental health is equally as important as their physical. The children will build on the work they did in EYFS surrounding managing and recognising feelings and will begin to link these to experiences. Children will also begin to discuss how we know how others might be feeling and what we can do to encourage them to look after their mental health.

Looking after your body:

- Continue to explore how water and fresh air can benefit our mental wellbeing and discuss opportunities to increase these in daily life
- Look at food groups in more depth to determine which of these may have a negative effect on wellbeing if consumed too often

Enjoying yourself and keeping active:

- Suggest activities that can make themselves and others feel better
- Begin to relate hobbies and enjoyable activities to positive emotions and negative experiences to negative emotions
- Discuss how their favorite activities help them when they are feeling a negative emotion

Communicating and socialising

- Understand that feelings can intensify
- Begin to recognise that our feelings can affect our behaviour
- Recognise that their emotions and feelings can affect the mood of others

Managing negative thoughts and feelings:

- Be able to articulate the emotion they are feeling. Develop vocabulary for both positive and negative emotions
- Describe how negative emotions impact physically on their body
- Begin to suggest what they might do to self calm when feeling in conflict



Lower Key Stage 2 Programme of Study

By the end of Year 4:

Children will continue to prioritise their mental health and will be able to talk about how they make it a priority day to day. They will further develop their vocabulary and understanding of a range of emotions and will continue to develop empathy for the feelings of others by learning about specific mental health disorders. Children will develop their listening skills and further understand how to support their peers when they are feeling mental unwell.

Looking after your body:

- Build on learning about fueling their bodies from KS1 and EYFS by discussing what to consume in small amounts
- Understand how different foods and drinks that we might eat daily affect our bodies.
- Communicate how different foods within our diet make us feel physically

Enjoying yourself and keeping active:

- Discuss the activities that have the most positive and negative impacts on them.
- Explore the science behind exercise and feeling good
- Discuss the differences between doing enjoyable activities in a group vs on their own

Communicating and socialising:

- Understand that feelings can change throughout a day and can change very quickly
- Understand that you can communicate your emotions both verbally and non-verbally
- Understand and discuss the importance of communicating feelings and what may happen if you don't

Managing negative thoughts and feelings

- Match feelings to a scale of intensity
- Recognise who and where they can go to when they need help managing or talking about their emotions
- Develop strategies to avoid fight or flight reactions



Upper Key Stage 2 Programme of Study

By the end of Year 6:

Children will now have a secure understanding of the importance of looking after their own mental health and supporting peers with theirs. They will have an extensive vocabulary which will allow them to communicate effectively how they feel and will have a strong self awareness in how they react to certain emotions. Children will be able to support peers by suggesting support for them when they need it and also will have an understanding of those around them who may suffer with mental health conditions.

Looking after your body:

- Start to discuss how body image can affect a person's mental health
- Understand how cigarettes, alcohol and drugs can negatively impact a person's mental health
- Recognise that addictions and body image issues can be linked to diagnosable illnesses

Enjoying yourself and keeping active:

- Suggest activities to others when they express they feel a certain way
- Begin to organise their own time to ensure they prioritise leisure time in preparation for secondary transition

Communicating and socialising:

- Explore different agencies who can support
- Discuss how speaking about feelings makes us feel physically and mentally
- Explore mental health issues that link to socialising e.g. anxiety

Managing negative thoughts and feelings:

- Have awareness of agencies who support people with mental health issues
- Recognise some of the different diagnosable mental health issues that they will encounter in society and how these affect individuals
- Children recognise what might happen to individuals who don't take steps to proactively manage their mental health and seek support where needed