

Learning for Life Wednesday

L.I. Discuss how feelings and emotions are affected and can be managed at changing, challenging or difficult times.

(Establish that talking about mental health may make them think about themselves or people that they know who are experiencing a difficult time with their feelings or emotions. Remind pupils of the people at home and in school that they can talk to if they are concerned.)

Read the following scenario : A few weeks ago Sasha's mum explained there were going to be some changes coming... Sasha's family moved house to a completely new area. Sasha had to leave the local street-dance club and start a new school as well. Sasha feels terribly lonely and doesn't know anyone in the new area – everyone seems to have their friendship groups already and Sasha's mum is always busy. Sasha is spending more and more time alone and feels like things will never change.

Discuss how this situation might affect Sasha's mental health and wellbeing

(feelings and emotions).

TASK-Think of other times in people's lives that might affect their feelings and emotions, such as: parent starting a new job, death of a pet/close relative, new baby brother/sister, tests or exams, argument with a friend, a marriage or divorce. Consider how these times might affect their feelings and emotions, and record ideas on a life events grid.

Year 5/6: Lesson 2 Resource 1: Life events grid 

Life events and circumstances	How it might affect someone and their feelings	What could help?
Moving to a new area		

Finish by writing 5 top tips for coping with life events.