

LKS2 PSHE and Citizenship

Health and Wellbeing - Think Positive

Guide for Parents and Carers

This term, your child's PSHE and Citizenship topic is Think Positive.

This topic builds on children's knowledge of positive thinking and how it can help our mental wellbeing. The lessons centre around themes such as understanding our feelings, managing difficult emotions, learning how to be calm and how to practise mindfulness, coping with change, taking responsibility for decisions and developing a growth mindset approach to learning.

We will be exploring the following questions:

Lesson 1: What is a happy mind? How can it make a difference to our lives?

Lesson 2: What are helpful and unhelpful thoughts? How do they affect the way we feel?

Lesson 3: How does it feel when big changes happen in our lives? How can we cope with these feelings?

Lesson 4: What is mindfulness and how can it help? How can we be mindful?

Lesson 5: How do uncomfortable feelings affect our actions and behaviour? What can we do to manage uncomfortable feelings?

Lesson 6: What is a positive attitude to learning? What strategies can we use when we find something challenging?

Your child will be taking part in a range of activities, including the following:

Writing a poem; designing a superhero character; creating a storyboard; taking part in mindfulness challenges; creating an emotions weather chart; discussion and decision making; and making their own poster.

About PSHE and Citizenship Education

PSHE stands for Personal, Social, Health and Economic Education. It is an important part of the school curriculum that aims to teach children the knowledge and skills that they need to stay safe, happy and healthy, while preparing them for their life ahead.

We understand that some parts of the PSHE and Citizenship curriculum involve exploring sensitive or controversial issues. That's why all adults involved in delivering your child's PSHE and Citizenship education will make every effort to establish a supportive and positive environment for learning.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).