

PSHE and Citizenship UKS2

Health and Wellbeing - Think Positive

Guide for Parents and Carers

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

This unit has been developed to explicitly teach children about identifying, understanding and managing various thoughts, feelings and behaviours. It aims to enable children to comfortably discuss these topics through example scenarios that may relate to their own experiences. In this unit, children will learn about helpful and unhelpful thoughts, how our thoughts, feelings and behaviours are all linked and how to manage uncomfortable feelings. They will also learn how the choices we make can have a range of consequences and will be taught techniques they can use to aid positive thinking and resilience.

We will be exploring the following questions:

Lesson 1: What are thoughts, feelings and behaviours? How do thoughts, feelings and behaviours influence each other?

Lesson 2: How do helpful and unhelpful thoughts affect the way we feel and act? What should we do when we have unhelpful thoughts? How can we encourage helpful thoughts?

Lesson 3: How do uncomfortable feelings affect our thoughts and actions? What can we do to manage uncomfortable feelings?

Lesson 4: What sorts of decisions and choices do we have to make in life? How can making good choices make us happy?

Lesson 5: What is mindfulness and how can we encourage positive thoughts and feelings? How can we be mindful in our everyday lives?

Lesson 6: How can our thoughts and feelings help us to have a positive attitude to learning? What strategies can we use to overcome difficulties and challenges?

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

Paired, group and class discussions; rating emotions and placing them on a scale; creating a 'decision-making tree'; mindfulness activities; and recording strategies for facing a challenge.

About PSHE 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](#).