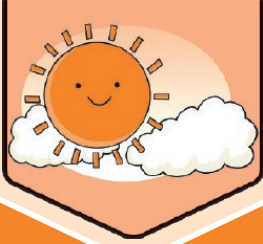


This resource shows where the **RSHE** objectives are covered within Twinkl Life's PSHE and Citizenship scheme of work.

LKS2 Think Positive			
Twinkl Life Objective		Relationships Objectives	Health Objectives
 Lesson 1: Happy Minds, Happy People	I understand that having a positive attitude is good for our mental health.	Families and People Who Care for Me: That families are important for children growing up safe and happy because they can provide love, security and stability. Caring Friendships: How important friendships are in making us feel happy and secure, and how people choose and make friends. Respectful, Kind Relationships: The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests.	General Wellbeing: The benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation. General Wellbeing: The importance of promoting general wellbeing and physical health. General Wellbeing: That it is common to experience mental health problems, and early support can help. Physical Health and Fitness: The characteristics and mental and physical benefits of an active lifestyle.
	I can recognise and manage helpful and unhelpful thoughts effectively.	Respectful, Kind Relationships: The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests.	General Wellbeing: The importance of promoting general wellbeing and physical health. General Wellbeing: The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition. General Wellbeing: How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
	I understand that some changes can be difficult but that there are things we can do to cope.	Families and People Who Care for Me: The characteristics of safe and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. Caring Friendships: That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it. Caring Friendships: The characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.	General Wellbeing: The benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation. General Wellbeing: The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition. General Wellbeing: How to recognise feelings and use varied vocabulary to talk about their own and others' feelings. General Wellbeing: That isolation and loneliness can affect children, and the benefits of seeking support.

			General Wellbeing: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
Resource	Twinkl Life Objective	Relationships Objectives	Health Objectives
Lesson 4: Keep Calm and Relax	I can use mindfulness techniques to keep calm.		General Wellbeing: The benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation. General Wellbeing: The importance of promoting general wellbeing and physical health. General Wellbeing: How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
Lesson 5: You're the Boss	I can identify uncomfortable emotions and manage them effectively.	Families and People Who Care for Me: The characteristics of safe and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	General Wellbeing: The benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation. General Wellbeing: The importance of promoting general wellbeing and physical health. General Wellbeing: How to recognise feelings and use varied vocabulary to talk about their own and others' feelings. General Wellbeing: How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. General Wellbeing: That isolation and loneliness can affect children, and the benefits of seeking support. General Wellbeing: That change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently. General Wellbeing: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). General Wellbeing: That it is common to experience mental health problems, and early support can help. Physical Health and Fitness: The characteristics and mental and physical benefits of an active lifestyle.

Resource	Twinkl Life Objective	Relationships Objectives	Health Objectives
Lesson 6: Always Learning	I can apply a positive attitude towards learning and take on new challenges.	Respectful, Kind Relationships: The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests.	General Wellbeing: The importance of promoting general wellbeing and physical health.