

Mental Health & Wellbeing at Balfour.

SEAL-Social & Emotional Aspects of Learning- key vocabulary.

At Balfour we believe that every child should have the social and emotional knowledge and skills to achieve their potential. We recognise that mental health and emotional wellbeing is just as important to our lives as physical health.

Our aim is to ensure that children are able to manage times of change and stress and are able to access help and support when they need it. We also have a role in ensuring that children learn about: what they can do to maintain positive mental health; what affects their mental health; how they can help reduce the stigma surrounding mental health issues and where they can go if they need help or support.

Mental Health and wellbeing are a core part of our PSHE curriculum where we build pupils knowledge, vocabulary and skills in naming, understanding and managing their emotions. These are revisited each year and built upon to ensure pupils have the knowledge they need to develop and maintain positive mental health.

Alongside the PSHE curriculum we thread the knowledge and vocabulary associated with mental health and wellbeing through our personal development assemblies and make links with our social responsibility curriculum to provide a more connected and meaningful experience for our pupils.

	Autumn 1	Autumn 2		Spring 1	Spring 2	Summer 1	Summer 2
Year group	New beginnings -Empathy -Self-awareness -Motivation -Social skills	Getting on and falling out -Managing feelings -Empathy -Social skills	Say no to bullying -Empathy -Self-awareness -Social skills	Mental health & Wellbeing	Good to be me -Self-awareness -Managing feelings Empathy	Relationships -Self-awareness -Managing feelings -Empathy	Changes -Motivation -Social skills -Managing feelings
EYFS	feelings happy scared/worried angry/cross comfortable uncomfortable calm down fair belong	listening sharing taking turns smile friend/friendly angry calm down working together making up sorry falling out getting on	same/different bullying included deliberate/on purpose belonging by accident unkind power name-calling left out	feelings calm happy silly relaxed nervous annoyed sad shy surprised hungry Confused sleepy sick hurt hot Big feelings- angry excited scared upset	comfortable feelings uncomfortable feelings calm still relax, relaxed stand up for yourself sad happy excited proud angry cross Protective Behaviours: feel,	missing loss angry happy sad fair unfair dead alive lonely worried comfortable uncomfortable	before, after, grow getting, used to, by accident, on purpose, disappointment, Thinking, planning setting a goal celebrate happy thoughts

				Calm lonely welcome	safe/unsafe, happy, touches, help		
1	happy, sad, scared, excited, nervous, worried, comfortable, uncomfortable, solve, problem, set a goal, calm down.	compliment friend fall out get on trigger angry peaceful cooperation conflict point of view make up problem solving apologise solution	bullying telling tales power deliberate/on purpose by accident included excluded	healthy mind healthy body happy/happiness kind/ kindness exercise memory brain power feeling down sad cross helping hand	relax relaxed relaxation problem solving tense anxious worried proud Protective Behaviours Feel/feelings, safe, private, permission, worries, help.	important people cared for love jealous unkind hurt loss share leave proud choice lonely miss envy/envious	habit, frustrated, obstacles, determined, fault, responsibility, changes.
2	happy, sad, scared, excited, nervous, worried, comfortable, uncomfortable, solve, problem, set a goal, calm down	compliment friend fall out get on trigger angry peaceful cooperation conflict point of view make up problem solving apologise solution	bullying telling tales power deliberate/on purpose by accident included excluded	Healthy mind/body recognise sensations worry angry tired sad physical feelings Thoughts nervous breathing sleep habits routines	relax relaxed relaxation problem solving tense anxious worried proud Protective Behaviours Rights, feelings, safe/unsafe, comfortable, worried, stressed, scared, secrets, surprises.	important people cared for love jealous unkind hurt loss share leave proud choice lonely miss envy/envious	habit, frustrated, obstacles, determined, fault, responsibility, changes.
3	gifts talents rights responsibilities helpful/hopeful thoughts scared frightened excited nervous	resolve a conflict leader reporter scribe timekeeper cooperation win- win solution anger 'losing it'	witness speaking out audience leader peer pressure 'telling school'	Mental health/wellbeing feelings mood normal positive negative attitude active connected generous take notice valued challenge	surprised worried anxious angry disappointed relax routine threat, threatened hopeful, hopeless novelty assertive	fault blame guilty choice love proud cruel kind ashamed celebrate funeral amends conscience regret remorse	boredom, adapt, anticipation, resentment, excitement, frightened, anxious, nervous, belonging, accepted, left

				mistake grateful gratitude don't give up	aggressive passive risk Protective Behaviour Feelings, responsibility, scared, risk, help, safe/unsafe.	apologise death miss alone	out, making a plan, rejected.
4	gifts talents rights responsibilities helpful/hopeful thoughts scared frightened excited nervous	resolve a conflict leader reporter scribe timekeeper cooperation win- win solution anger 'losing it'	witness speaking out audience leader peer pressure 'telling school'	Mental health/wellbeing values respectful active exercise minds worry concentrate positive negative attitude emotions normal manage mental illness depression mindfulness	surprised worried anxious angry disappointed relax routine threat, threatened hopeful, hopeless novelty assertive aggressive passive risk Protective Behaviours Rights, responsibility, risk, safe/unsafe, secrets, worries, dares.	fault blame guilty choice love proud cruel kind ashamed celebrate funeral amends conscience regret remorse apologise death miss alone	boredom, adapt, anticipation, resentment, excitement, frightened, anxious, nervous, belonging, accepted, left out, making a plan, rejected.
5	teamwork motivation enthusiasm bravery respect anticipation excitement nervous, nervousness worried anxiety, anxious petrified	short- term/longterm consequences 'I message' prejudice 'reframing a situation' responsibility	power influence direct/indirect bullying name-calling (racist/sexist/homophobic)	Mental health/wellbeing Normal positive negative connect active mindfulness meditation sleep routine habit Immune system memory	proud boastful jealous risk assertive aggressive passive worry, worried anxiety, anxious scared inadequate useless, useful stressed	embarrassed humiliation forgive make amends stereotype breaking friends grief/grieve shock denial anger disbelief depression	insecure/secure, Fault, over reaction, humiliation, gossip/rumour, mixed feelings, empathy, empathise.

	frightened, terrified				Protective Behaviours Hurt , feelings, impact , risk, safe/unsafe, secrets, friendship, help, control.	despair sadness acceptance	
6	teamwork motivation enthusiasm bravery respect anticipation excitement nervous, nervousness worried anxiety, anxious petrified frightened, terrified	short-term/long term consequences '1 message' prejudice 'reframing a situation' responsibility	No to bullying power influence direct/indirect bullying name-calling (racist/sexist/homophobic)	Depression/ mood disorder sad negative lifestyle anxiety strategies identity coping manage grateful gratitude meditation mindfulness pledge calm	proud boastful jealous risk assertive aggressive passive worry, worried anxiety, anxious scared inadequate useless, useful stressed Protective Behaviours Feelings, stereotypes , anxiety, fright/flight response , permission , resist , safe/unsafe	embarrassed humiliation forgive make amends stereotype breaking friends grief/grieve shock denial anger disbelief depression despair sadness acceptance	insecure/secure, Fault, over reaction, humiliation, gossip/rumour, mixed feelings, empathy, empathise.