



# Whole school SEMH overview (MindMate Lessons)

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 Feeling good and being me	<i>Recognise Feelings</i>	<i>Celebrate Strengths</i>	Goals and aspirations	Feelings - Intensity	Self-belief	Self-Integrity
Autumn 2 Friends and family	Recognise how others show their feelings and know how to respond	Impact of behaviour on others	Unkind behaviours	Skills to maintain and keep positive relationships	Unhealthy friendships and relationships	Celebrate friendship
Spring 1 Life changes	New School/class Making new friends	Loss: Losing loved object/pet/person	Life in KS2 New faces new routines	Positive and negative effects on emotional wellbeing and mental health	Aspirations to manage change positively	Moving on
Spring 2 Strong emotions	Recognise what is fair/unfair	Comfortable and uncomfortable feelings	Introducing strong emotions including anger	Resisting pressure	Strong emotions and mental health	Happiness
Summer 1 Being the same, being different	<i>Celebrating differences</i>	Beginning to understand empathy	Differing opinions	Know actions affect themselves and others	Stigma	Body image/Social media
Summer 2 Solving problems, making it better	Setting goals & targets	Not giving up/perseverance	Dealing with difficult situations	Coping with difficult situations	Talking it through Restorative justice	Winning What does it take?

Learning Mentor Interventions	<b>Children</b> Little Mouse - Domestic Violence
Pupil Support Worker	Learning Conversations Peer Mediators
Staff Well Being	Emmy Yeadon - Worklife support - counsellor
Outside Agencies	D-Side - FS2 - Y6
In-House	School Council - Speak Up