



## PSHE Overview

**Year Group: Year 3**

**Term: Spring 1**

**Protected Characteristics: Disability (Hidden Disabilities – Mental Health)**

**British Values: Mutual Respect, Tolerance**

### We Are Learning to:

• Take care of our mental health	• Express our feelings in different ways
• Use strategies to support our mental health	• Ask for help when we need it
• Identify our feelings	• Talk about our feelings
• Recognise other people's emotions	• Support other people with their emotions



Useful conversations to have at home:

- How different situations make us feel
- How our body feels when we experience different emotions
- How other people might feel at different times
- What helps us to feel happy/calm/in control
- Who or what can help us if we feel sad/worried/angry
- How we can help other people with their emotions

