

Year Five

Lesson 5

Lesson length: 60 minutes

Unit title: Keeping relationships healthy and safe

Lesson title: Building resilience in relationships

Year
5

Learning Objectives

To be able to identify and name a range of emotions

To understand how good physical health can support positive mental and emotional health

To understand how to build resilience

Suggested Activities

Activity Start the lesson by introducing the term 'Resilience' What is the groups' understanding?

Definition: the capacity to recover quickly from difficulties, toughness.

Ask is there a correlation/link between positive health and resilience? e.g. it is easier to try again if you are feeling unwell in yourself however, if you feel miserable/exhausted you don't want to have another go so you give up.

Activity Consider the following headings 'Physical, Emotional and Mental Health' - What are they? Are there differences between them?

Mental wellbeing can be defined as feeling good, feeling that life is going well, and feeling able to get on with daily life. It is a broader indicator of social, emotional and physical wellness. It is influenced by a range of factors, including a child or young person's family, their community and school environment, their physical health and their social and emotional skills.

(Anna Freud Mental Health Foundation- definition)

Emotional health - is your ability to express feelings which are based upon the information you have processed. It is our ability to cope with our feelings-based on life events and how we acknowledge our emotions as well as others around you. (It does not mean feeling happy all the time).

(Samaritan definition 2019)

Activity In groups ask pupils explore the different types of health- Discuss the 3 headings and answer the questions handout to record their findings- refer back to previous question in introduction.

Take feedback and expand the discussion.

Watch the clip - 5 ways to build resilience: <https://www.youtube.com/watch?v=1FDyiUEn8Vw>

Activity Whole class discussion

Explore positive emotional health in more detail relating to our decision making. Which emotions do they think are the most dominant in positive emotional/ mental health?

Rank these on the board according to responses .

Support the pupils by adding any additional emotions that are not listed.

Round up by ensuring that pupils understand that how they manage their emotions is one of the strategies for building resilience.

Relationships and Health Education

Learning Outcomes

Mental wellbeing

- to be able to recognise and talk about their emotions, including having varied vocabulary of words to use when talking about their own and other's feelings
- how to judge whether what they are feeling and how they are behaving is appropriate and proportionate
- know the benefits of physical exercise, time outdoors community participation, voluntary and serve based activity on mental well-being and happiness
- where and how to seek support including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone's' mental wellbeing

Continued



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	<p>Activity</p> <ul style="list-style-type: none"> • Ask each group to make notes about the background of character after watching the the clip. https://youtu.be/l1yRq7_Cknw – I need help - This will show scenarios that you can use for discussion • Give groups person outline template and fold in half one side posing as negative (left) and positive side (right) • List on left side issues and negative responses of character. • Discuss as a group - What advice would you give? • What resilience skills could they undertake to be healthy? • Record on the right hand side everything that person could do to bounce back from their situation <p>Ask each group to feedback to the class, explaining why they chose the strategies and how they might benefit the person</p> <p>Debrief Recap the 5 strategies for building resilience Summarise that resilience building is build when we face challenges in friendships/ school work/ relationships and health.</p>	
<p>Unicef Articles Article: 3-8, 12-19, 24,25</p>	<p>Resources Understanding resilience worksheet Body outline handout Scenarios- https://youtu.be/l1yRq7_Cknw</p>	<p>Key vocabulary Big feelings Small feelings Mental health Emotional health Anxious Worried Happy Overwhelmed Frustrated Physical health Depressed</p>

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Building resilience handout

Year
5

Mental Health

- What is positive mental health?
- What does it look like?
- Is there negative mental health if so what are the signs?

Emotional Health

- What are emotions?
- What is emotional wellbeing?
- How do we show emotional wellbeing in our day to day life?

Physical Health

- What does it mean to be physically healthy?
- Are there different things that contribute to good physical health?
- How might physical health impact your mental health?

Mental Health	Emotional Health	Physical Health
1	1	1
2	2	2
3	3	3
Is there a connection between positive health and being resilient?		

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Body outline

Year
5

