

Puzzle Piece	Weekly Celebration	British Values Links	RSE Links	PSHE Learning Intention/Objective	Social and Emotional Development Learning Intention/Objection	Lesson vocabulary
1. What is Mental Health?	Know how to make friends	Mutual Respect Tolerance	Being Safe Mental Wellbeing Internet safety and harm Physical Health and Fitness	I know that it is important to take care of my mental health.	I understand that people can get problems with their mental health and that it is nothing to be ashamed of.	Mental health Ashamed Stigma Stress Anxiety Support
2. My Mental Health	Try to solve friendship problems when they occur	Democracy Rule of Law Individual Liberty Mutual Respect Tolerance	Respectful Relationships Being Safe Mental Wellbeing Internet safety and harm	I know how to take care of my mental health.	I can help myself and others when worried about a mental health problem.	Mental health Worried Signs Stress Anxiety Warning Support Self-harm
3. Love and Loss	Help others to feel part of a group	Democracy Rule of Law Individual Liberty Mutual Respect Tolerance	Mental Wellbeing Internet safety and harm	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve.	I can recognise when I am feeling those emotions and have strategies to manage them.	Emotions Feelings Sadness Loss Grief Denial Despair Guilt Shock Hopelessness Anger Acceptance Bereavement Coping strategies

4. Power and Control	Show respect in how they treat others	Individual Liberty Mutual Respect Tolerance	Caring Friendships Respectful Relationships Being Safe Mental Wellbeing Internet safety and harm	I can recognise when people are trying to gain power or control.	I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control.	Power Control Authority Bullying Script Assertive Strategie
5. Being Online: Real or Fake? Safe or Unsafe?	Know how to help themselves and others when they feel upset or hurt	Democracy Rule of Law Individual Liberty Mutual Respect Tolerance	Caring Friendships Respectful Relationships Online Relationships Being Safe Internet safety and harm	I can judge whether something online is safe and helpful for me.	I can resist pressure to do something online that might hurt myself or others.	Risks Pressure Influences Self-control Real/Fake True/untrue Assertiveness Judgement
6. Using Technology Responsibly	Know and show what makes a good relationship	Democracy Rule of Law Individual Liberty Mutual Respect Tolerance	Respectful Relationships Online Relationships Being Safe Internet safety and harm	I can use technology positively and safely to communicate with my friends and family	I can take responsibility for my own safety and well-being	Communication Technology Power Control Cyberbullying Abuse Safety
7. Additional Lesson from Y3/4. 'Girlfriends and Boyfriends' Located in Materials 8-9	N/A	Individual Liberty Mutual Respect	Respectful Relationships Being Safe	I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older.	I understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/girlfriend.	Boyfriend Girlfriend Attraction Pressure Personal Comfortable