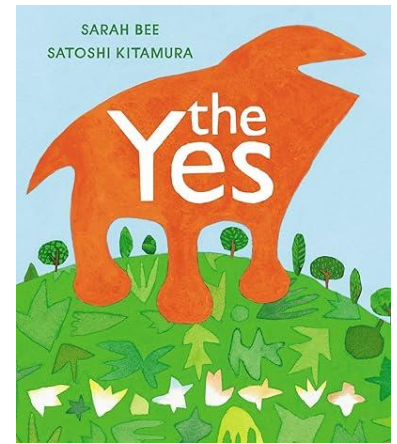


An overview of PSHE in Year 6 – Autumn Term 1

Our learning this term in PSHE will be about Thinking Positive. Our learning will be linked to the story 'The Yes'. Below, you can read the overview of learning objectives for this PSHE topic.

The Cognitive Triangle

Children will understand how their thoughts, feelings, and actions are connected and how this can help them make sense of our emotions. By learning new words to describe how they feel, they will be able to talk about emotions more clearly. This helps children to notice what makes them feel good or not so good—mentally, physically, and emotionally.



Thoughts Are Not Facts

Sometimes we think things that aren't true. Children will learn to spot these thoughts and replace them with more positive ones can help them feel better. Talking about feelings and understanding what affects our health helps us stay balanced and in control.

Facing Your Feelings

It's normal to feel mixed emotions. Children will learn to notice and handle uncomfortable feelings and understand how this helps us deal with tough situations. When we understand how emotions affect our health, we can take better care of ourselves.

Choices and Consequences

Our choices affect how we feel and how others feel too. Children will learn to make smart decisions—knowing they can have good, bad, or neutral outcomes. Thinking before we act is an important skill.

Being Present

Sometimes emotions can feel overwhelming. Children will learn how mindfulness helps us stay calm and focused by paying attention to the present moment. This can improve our mental and emotional health and help us feel more in control.

Yes, I Can!

When children face challenges, it helps to stay positive, ask for help, and take action. Using a growth mindset means believing we can learn and improve. This attitude helps us stay strong and healthy in everyday life.

Key Vocabulary

feelings	Emotions we experience about things that are happening.
behaviour	Our actions. The way we behave.
cognitive	Thinking and other mental processes.
mindfulness	Focusing on the present and what we are feeling, seeing and doing right now.
opportunities	Chances to do things.
challenge	Something we may find tricky but that we can work to do well at.
resilience	Trying again and continuing to persevere when we find something difficult.
reaction	Our behaviour or feelings in response to something that happens.
growth mindset	The belief that we have the capacity to improve our talents and abilities through our effort and actions.