

Children's Mental Health Week - Progression Grid - Whole School

Nursery	Reception	Year 1	Year 2	Year 3/4	Year 4/5	Year 5/6
Minimum learning is highlighted			Minimum vocabulary is in bold			
<p>To know when we feel sad and to tell a grown up</p> <p>To know when we feel cross/angry and to tell a grown up</p> <p>To know that all feelings are OK but sometimes we need help</p> <p>Link to Zones of Regulation</p>	<p>To understand that there are different emotions – link to Zones</p> <p>To recognise our own emotions</p> <p>To ask for help if we feel very sad or cross/ angry</p> <p>To know that grown ups get sad and that is OK</p> <p>To develop some strategies to help us to not feel sad or angry – link to Zones</p>	<p>To know who I am connected to and how do I feel about them</p> <p>To know how are we connected as a class and how we feel about each other</p> <p>Chn will begin to understand that the more and the stronger the connections we have the more people we can turn to if we need to</p> <p>Chn learn that no one is happy all the time and we have lots of people we can go to for help</p>	<p>Chn will revisit and build upon their knowledge of who they are connected to</p> <p>What do we have in common with our friends – extend to interests and hobbies</p> <p>Chn begin to develop a sense of who they would turn to for different aspects of the emotional well being eg who makes them laugh, who will sit and chat, who is adventurous</p>	<p>Chn develop further their sense of connection through sharing experiences and likes and dislikes to</p> <p>Chn begin to understand that different experiences make different feel different emotions – link to Zones of Regulations</p> <p>Chn begin to understand that when we do not feel good it can be normal or it can indicate that someone is a bit more than sad</p> <p>Chn begin to understand the concept of emotional and mental health and how we can be poorly mentally in the same way we can be physically</p>	<p>Chn begin to develop an understanding that mental and emotional health can be affected by different aspects of life</p> <p>Chn know how to describe aspects of mental ill health such as depression, anxiety – they may also use words such as low, low mood, overwhelmed, worried, agitated – ref to Zones of Regulation</p> <p>Chn can talk about where to seek help both within their family and outside of their family</p>	<p>Chn can talk about different types of mental ill health using words they have learned previously</p> <p>Chn can relate their own feelings to the Zones of regulation and talk about strategies they have developed to help themselves</p> <p>Chn begin to know that sometimes people need help from others and can talk about organisations that may help such as GP, Childline, Samaritans</p>

See resources within planning folder or use: <https://www.childrensmentalhealthweek.org.uk/schools/primary-age-activities/#resources>