



	EIFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Mental Wellbeing</b>	<ul style="list-style-type: none"> <li>How am I feeling? Do I know why?</li> <li>Can I identify my feelings using picture cues?</li> <li>Do I know I can speak to adults about my feelings and emotions?</li> <li>Can I use 'Feelings books' to recognise my feelings?</li> </ul>	<ul style="list-style-type: none"> <li>How can we keep our mind healthy as well as our bodies?</li> <li>Can I identify my feelings and emotions using picture cues?</li> <li>Do I know what loneliness is?</li> <li>Do I know what cyber bullying is?</li> <li>Do I know where I can get help in school? (red cushion)</li> </ul>	<ul style="list-style-type: none"> <li>Why is it normal to feel a range of emotions?</li> <li>How can we talk about our emotions – and why is it important?</li> <li>Can I identify other people's feelings and emotions using picture cues?</li> <li>Do I know how to seek advice if I am being cyber bullied?</li> <li>Do I know that staff in school have special training to help with mental well-being? (This includes issues arising on-line).</li> </ul>	<ul style="list-style-type: none"> <li>What is a scale of emotion?</li> <li>How do my emotions affect my behaviours?</li> <li>What are MY self-care techniques? How do I know when I need them?</li> <li>What are the benefits of being outdoors in promoting good mental health?</li> <li>Do I understand that cyber bullying has a negative and often long lasting impact on mental well-being?</li> <li>Do I know the role of a mental health first aider?</li> </ul>	<ul style="list-style-type: none"> <li>Why is mental wellbeing an important part of daily life, in the same way as physical health?</li> <li>How can exercise impact positively on mental health?</li> <li>What are the benefits of physical exercise in promoting good mental health?</li> <li>What is isolation and loneliness?</li> <li>Do I have any strategies to help with cyber bullying?</li> <li>Do I know that some illnesses can't be seen? (mental health issues)</li> </ul>	<ul style="list-style-type: none"> <li>How can we talk about our emotions – and why is it important in working out their root cause?</li> <li>Why is isolation and loneliness so damaging to our mental health?</li> <li>Can I understand the contributions of organisations and wider agencies to help promote mental health and well-being? (Age Concern etc.)</li> <li>Do I understand how social media can be both positive and negative on my well-being?</li> <li>Do I know the signs and symptoms of a mental health illness?</li> </ul>	<ul style="list-style-type: none"> <li>How common are mental health problems – how do people cope?</li> <li>Can I understand the contributions of organisations and wider agencies to help promote mental health and well-being within our community? (Foodbank etc.)</li> <li>What can I do to support myself and others with isolation and loneliness?</li> <li>Can I understand why organisations and celebrities have rejected the use of social media platforms and its impact?</li> <li>Do I know where to go to for support and guidance about mental health illnesses?</li> </ul>