

Session Overview – Year 6

Emotional Literacy

How does change make us feel?

With high school approaching, we will start the year by considering how change in general makes us feel and how it can impact our mental health.

How to know if we need support with our mental health

It's important to start discussing with young people what we might experience if we're struggling with our mental health and the signs to be aware of. This may also help us look out for our friends and the people around us and signposting information so young people know who they can talk to.

Self-Esteem

Supporting your mental health on social media

Social media can be extremely positive for our mental health but can also pose some difficulties too. A recurring theme we see amongst young people is the impact social media has on comparing themselves with other people. This session will ask students to investigate reality vs social media and acts as a reminder that what we see on social media is not always the full and true story.

Negative thoughts

Negative thoughts are a natural human experience, but it is helpful to know when to recognise a negative thought as they can become debilitating and impact our day-to-day life. Each student will become a detective to investigate negative thoughts and put them on trial.

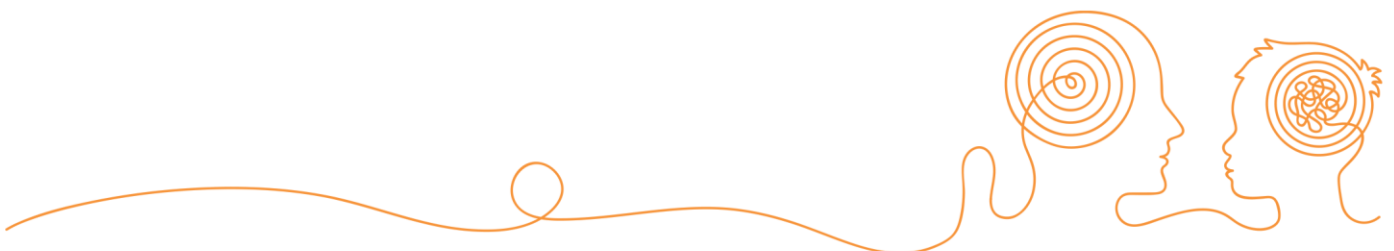
Positive Relationships

Friendships Boundaries

We form boundaries as we grow and learn from experience, but it can be helpful to think about what our emotional, physical, and digital boundaries are. Boundaries play a big part in creating healthy relationships that you feel safe and comfortable in.

Identifying your support system

Especially relevant in preparation for high school, we revisit identifying our support system and identifying the resources available at high school.



Coping Skills

Stress Bingo

Progressive muscle relaxation is a tool that anyone can use to help some of us feel calm in our body which in turn, helps our mind feel calm when we find ourselves feeling angry or overwhelmed with a situation.

Preparing for High School

A session that looks at what we may experience at high school and how it may impact our mental health. We also look at what support is available at high school and pull together all our learnings from the year to recognise all the tools we have available that we may have forgotten about.

