

Year 6

Autumn 1

Mental health and wellbeing

This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school.

Suggested lessons:

Foundations for Wellbeing
– Y6

L1: Regulating emotions

L2: Managing distraction

L3: Developing positive thinking habits

L4: Managing rumination and worry

L5: Managing stress

Change, loss and grief – Y5–6

L3: How do people manage loss and support each other?

Autumn 2

Managing money and online spending

This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending.

Suggested lessons:

Money and wellbeing – Y6

L1: Money and emotional wellbeing

L2: Being a critical consumer

Exploring risk in relation to gambling – KS2

L2: Chancing it!

Online financial harms – KS2

L1: Spending influences

L2: Wellbeing and support