



Coping with Change Wellbeing

**Year 6 PSHE
Session 1**

In this session we will learn how to manage changes through Wellbeing ...

- What a healthy body and healthy mind means
- The links between a healthy body & healthy mind
- Explore top tips to keep your body & mind in check

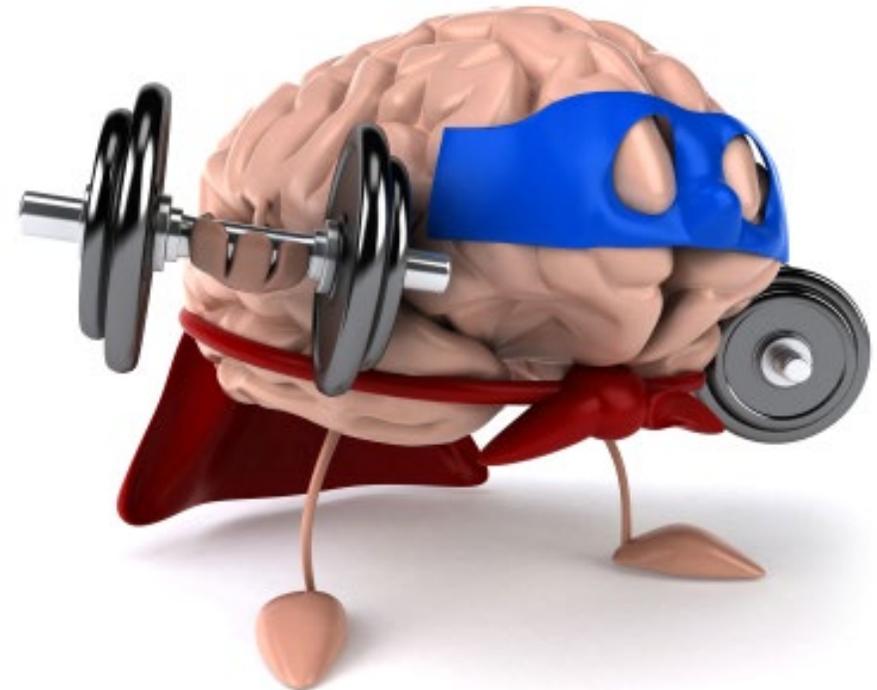


A healthy lifestyle is about having...

A healthy body



A healthy mind



Physical Health

Healthy lifestyle

Taking
responsibility

Determination

Challenges

Feelings

Fitness

Healthy Mind

Choices &
decisions

Exercise

Opportunities

Emotions

Nutrition

Balance

Words &
phrases we
will use in
this session

A healthy body means our physical health

Physical health is defined as is the condition of your body.

Good physical health is when your body is functioning as it was designed to function.



Physical health

Can you think of a time when you have absolutely loved playing sport, an active game in the playground or exercised?

How did your experience **made you feel?**

Discuss it with someone at home if possible 😊



A healthy mind means

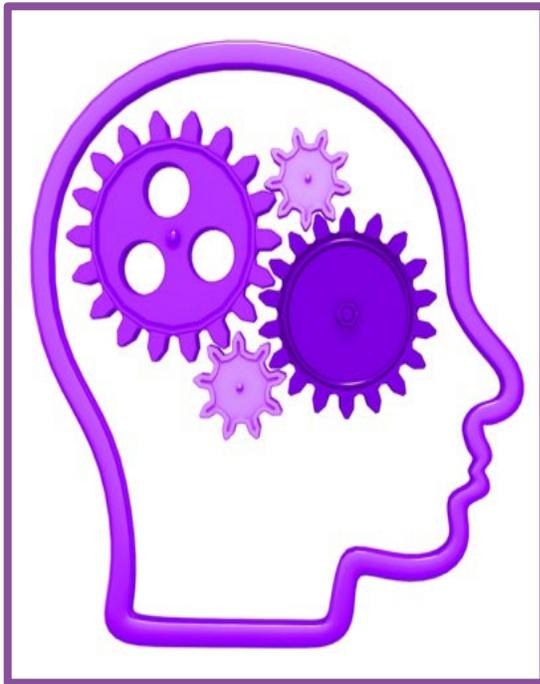
Having a strong mind to allow you to handle the challenges and opportunities that life puts in front of you, without getting too worn out.

This is particularly important when facing 'Change' such as going to a new school.

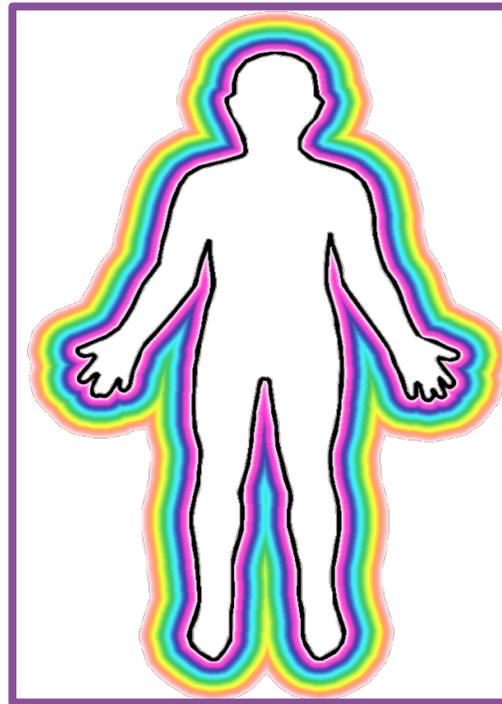


Activity: Match up the cards under each of the headings

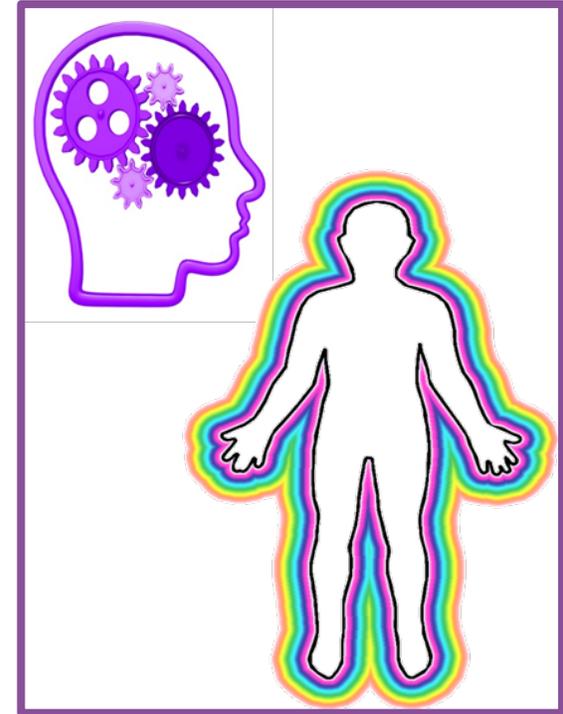
Healthy Mind



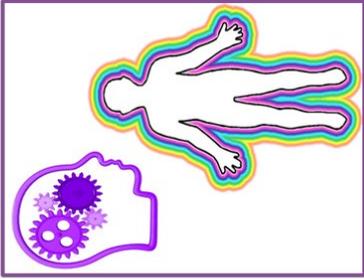
Healthy Body



Healthy Body & Mind



Healthy Body
& Mind



Feel positive & happy

Reading a book

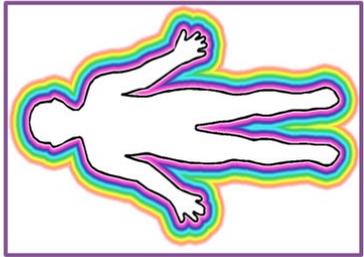
Talks to people

Take up a new hobby

Learn a musical instrument

Learn a new language

Healthy Body

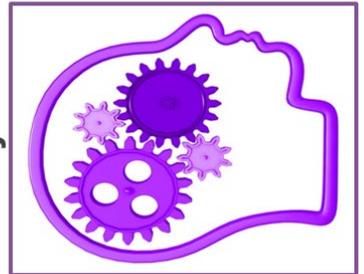


Having good concentration

Has determination

Cope with stress

Healthy Mind

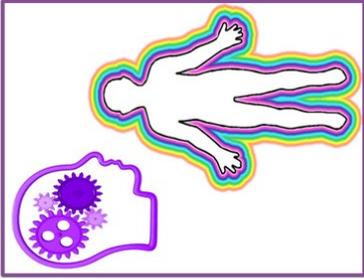


Manage feelings & emotions

Are resilient

Asks for help

Healthy Body
& Mind

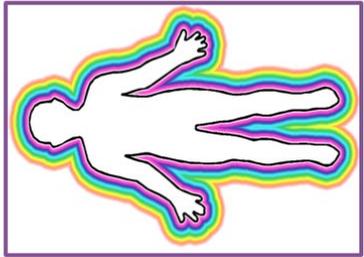


Eating fruit &
vegetables

Doing some
press-ups

Going for a walk

Healthy Body



Eating vitamins &
minerals

Playing a playground
game

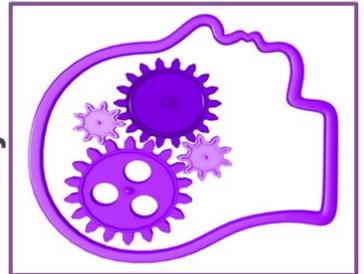
Avoiding junk foods

Drink lots of water

Eat healthy food

Getting a good night's
sleep

Healthy Mind



Can relax

Playing sport

Not smoking

Possible answers

Healthy Mind



Feel positive & happy

Reading a book

Talks to people

Take up a new hobby

Learn a musical instrument

Learn a new language

Having good concentration

Has determination

Cope with stress

Manage feelings & emotions

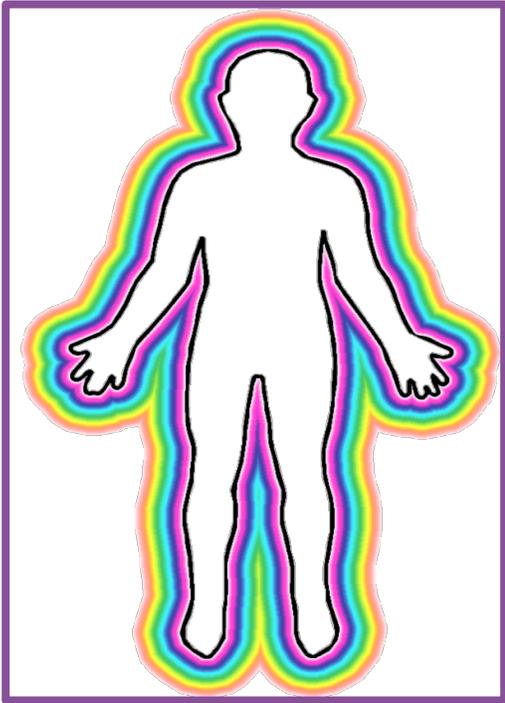
Are resilient

Asks for help

Can relax

Possible answers

Healthy Body



Playing sport

Not smoking

Drink lots of water

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Getting a good
night's sleep

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vegetables

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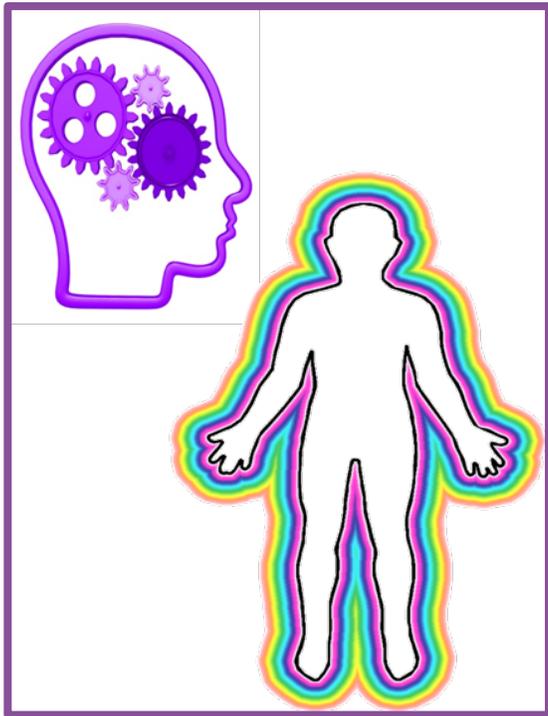
Playing a
playground game

Avoiding junk
foods



Possible answers

Healthy Body & Mind



Drink lots of water

Go for a walk

You get a good
nights sleep

Playing a
playground game

Playing sport

Doing some
press-ups

Eat healthy food

Having good
concentration

Are resilient

Feel positive &
happy

Take up a new
hobby

Can relax

Asks for help

Story Role Play

Scenario 1: Jacob

It is lunchtime and 3 of you are playing some fun games in the playground. One of you notices that Jacob (a boy in your class) is sitting on his own and is looking really sad. He looks like he could cry.

One of you decides to ask Jacob if he wants to join in your game.

Jacob just shakes his head.

Another person in the group decides to go and ask Jacob what is wrong.

Jacob just sits there staring for a bit before getting up and walking off.

- **Read through your scenario and act it out** in front of a mirror, to a friend on your phone or someone in the house.
- **Be creative and think** about the situation and how it would **make you feel**.

Story Role Play Questions

2. Which **area** does the problem with Jacob relate to – an unhealthy body, an unhealthy mind, or both?

3. Can you suggest **3 things** that could be done to **improve** the situation & **why**?



Now read scenario 2



Scenario 2: Anna

It is the first few weeks of lunchtime at a new school and there is a group of you sitting and having your lunch.

One of the group ask Anna what she has got for her lunch.

Anna replies 'a jam sandwich on white bread, a packet of crisps, a chocolate bar, a fizzy drink and some haribo sweets.

The group all compare lunches about what they are eating (use your imagination to think of your lunch options)

It is now the lesson after lunch and Anna has gone really tired, can't concentrate and is grumpy with everyone. She feels pretty embarrassed because she wanted to make s a good impression at her new school.

Which **area** does the problem with Anna relate to – an unhealthy body, an unhealthy mind, or both?

Can you suggest **3 things** that could be done to **improve** the situation & **why?**

And scenario 3

Scenario 3: Suzie

There is a small group of you working on a project in a maths lesson. Each of you have different tasks to try and complete.

Suzie has tried to complete her task 3 times but can't focus and keeps making mistakes.

One of you asks her if she wants some help.

Suzie snaps back and says no, I will do it myself.

Suzie then starts getting really stressed and annoyed and says over and over again ' I just can't do it, it is impossible'.

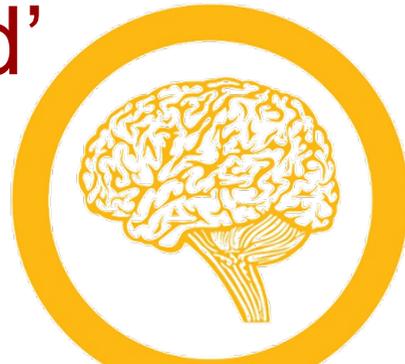
Eventually Suzie breaks down in tears and tells the group that she has had no sleep because she has been worrying about school and she feels all anxious about coping with the workload and making new friends. She can't relax and has no appetite at the moment. She says she feels scared and alone.

Which **area** does the problem with Suzie relate to – an unhealthy body, an unhealthy mind, or both?

Can you suggest **3 things** that could be done to **improve** the situation & **why?**

The links between a 'Healthy Body & Healthy Mind'

Healthy
Mind



Healthy
Body



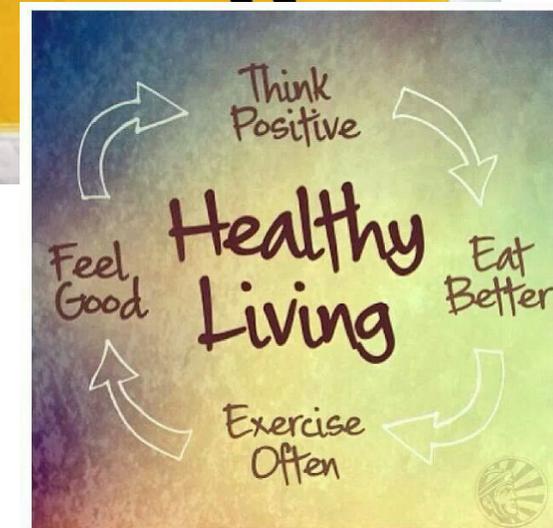
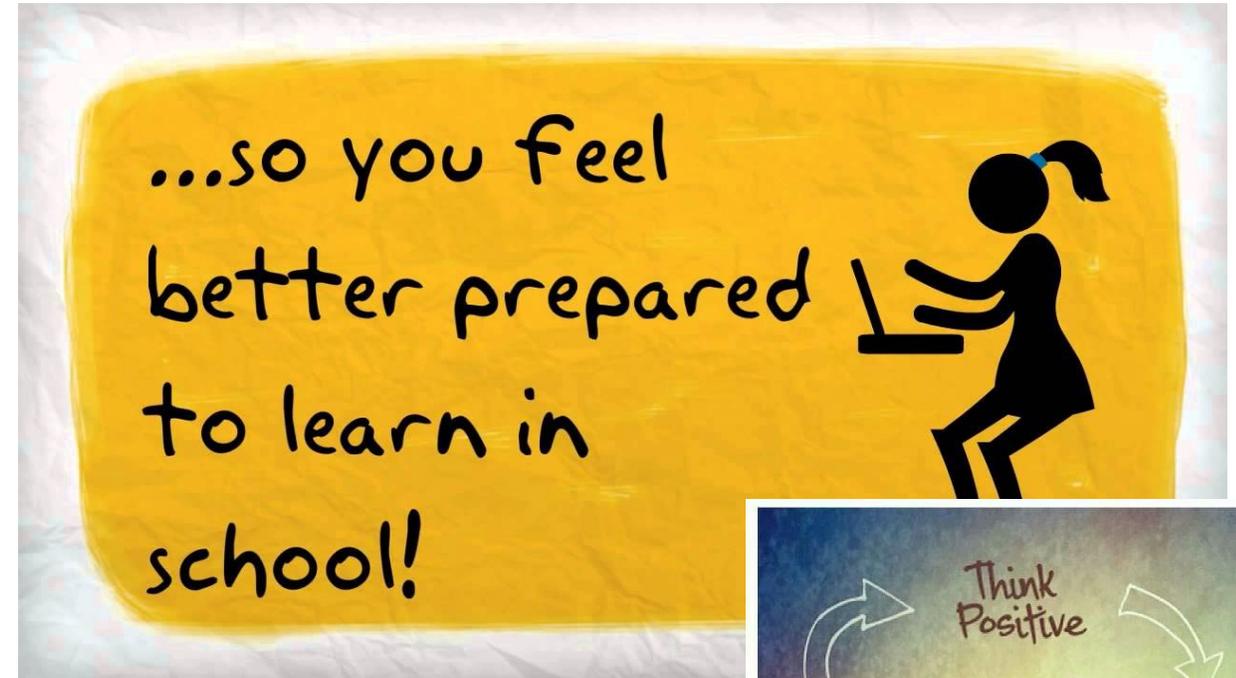
“ Our **mind** can affect our decisions & choices. A healthy mind will help us be physically active and achieve **good physical health**. ”

“ Our **physical health** can affect our minds. Being physically active can help you have a **healthier mind & life**. ”

Healthy Body, Healthy Mind

TASK:

1. Make a list about how can starting a new school make you feel.
2. Think of some ways that you can keep a health body and healthy mind when starting a new school.
3. Share your list with someone at home or a friend on the phone.



To finish

Activity: 'Keeping Healthy' Top Tips poster

- Pick between **5 and 10 top healthy tips** that you have learnt about.
- Create a **poster** to demonstrate your top tips.
- Your aim is to **remember your top tips** so you can stay healthy! You could also take a picture of it and share it with your friends and family.





Stay safe

