

# Mental Health

## Progression of Key Themes and Concepts

### Lower KS2

#### Cycle A

Balancing arguments, managing responses.  
Belonging.  
What forms our identity?  
Compromise and conflict resolution; managing responses to conflict.

#### Cycle B

Right to an opinion, including democracy.  
Poor mental health, expressing how we feel and where to go for help.  
What is important to our quality of life?

### EYFS

Know that sometimes we're happy and sometimes we're sad—emotions change.  
Ask for help in words or gestures.  
Know who can help us.

### Upper KS2

#### Cycle A

Feeling isolated and what support is available.  
Mental health of self and others, including:  
- recognising signs of anxiety, low mood, lack of self-esteem;  
- seeking support  
- self-help and strategies (sleep, exercise etc.)  
Setting goals.  
Social media including:  
- impact of screentime  
- impact of negative behaviours

#### Cycle B

Identity—personal challenges and strengths.  
Body image.  
Positive and negative impacts on mental health.  
Maintaining positivity and resilience. Through adversity.  
How art and creativity can support good mental health.

### KS1

#### Cycle A

Importance of memories, getting older, support in the community.  
Journey from sadness to happiness, ROAR mental health scale.  
Talking about feelings.  
How do our feelings make our bodies feel?  
Introducing term 'mental health' and how to look after it, including through relationships.  
Collaboration, inclusion, valuing ourselves and others.

#### Cycle B

Being an individual.  
Bereavement, loss and change.  
Thinking how other factors (e.g. hardship) can impact people's mental health.  
Emotional literacy and how to express our feelings.