

Mental Wellbeing M1

Year: 3
Dobcroft Values:
 Together we are kind
 Together we are safe
 Together we embrace difference
 Together we are problem solvers
British Values:
 Tolerance and Liberty
Recommended Reading:
 Not My Fault Cath Howe
 Ruby's Worry Tom Percival

Key question: How do I manage my feelings?

Red Flag Moments (seek advice from a trusted adult)

You or someone you know is crying most of the time.
 You or someone you know finds little joy in anything they do.
 You or someone you know finds it hard to manage their emotions without shouting.
 You or someone you know hurts themselves or others when they have a big emotion.

Previous Learning Year: 1

Where do feelings come from?

angry, happy, nervous, scared, sad, calm, surprised, feelings, online, offline

Who am I?

activities, hobbies,

What helps me to feel happy?

sleep, physical exercise, indoors, outdoors worried, anxious, scared, nervous, pride, unique,

Stress In



Size of bucket indicates amount of stress a person can manage (window of tolerance)

Stress out

Responsibility	having a duty to deal with something
Anger	a strong feeling of annoyance, displeasure, or hostility
Nervous	Agitated or alarmed.
Fear	an unpleasant emotion caused by the threat of danger, pain, or harm
Surprise	to feel mild shock
Grief	intense sorrow caused by loss, especially bereavement
Blame	responsibility for a fault or wrong
Guilt	a feeling of worry or unhappiness that you have because you have done something wrong
Ashamed	embarrassed or guilty because of one's actions
Regret	feel sad, repentant, or disappointed over an event
Apologise	express regret for something that one has done wrong
Stress	a state of mental or emotional strain resulting from demanding circumstances
Window of tolerance	When we exist within this window, we are able to learn, play, and relate well to ourselves and others