

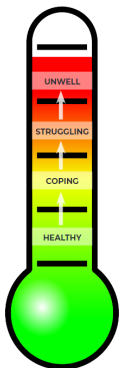
Year 4: PSHE

Growing and Changing - Personal Identity: Recognising Individuality and Different Qualities Mental Health and Emotional Wellbeing

Mental Health and Emotional Wellbeing

Everyone has physical health and mental health. Physical health is about having a healthy body. Mental health is about having a healthy mind and being able to cope emotionally.

Mental health can affect how we feel about ourselves, our relationships and how we deal with challenges and difficulties. **Physical health and mental health are connected.**



Our mental health can be thought of as being on a scale that can move up or down, a bit like a thermometer. Mental health can move anywhere up or down the thermometer, between being healthy or unwell. We can all move along the scale at any time.

Sometimes life events can prompt mixed-up or conflicting feelings; people can feel lots of different emotions all at once, so learning how to manage them is important.

Things we can do to improve our mental health:

- drink water;
- smile and help someone else;
- talk, write or draw;
- eat a balanced diet and get plenty of sleep;
- take deep breaths;
- recognise that things can feel better;
- listen to music;
- think positively;
- rest and have relaxing, quiet time;
- be honest about your feelings;
- accept that change happens to everyone;
- get some fresh air.

Personal Identity

Everyone is unique and special!



Personal identity is about how people see themselves. There are lots of similarities among people, but there are also many differences. This diversity should be celebrated. Everyone is equal and all children have the same rights in the **Convention on the Rights of the Child.**

Personal identity can stem from many things, for example:

- family;
- race;
- gender;
- faith;
- culture;
- hobbies;
- likes and dislikes.

Sexual orientation depends on which gender(s) a person is attracted to (fancies).

Gender identity is how you feel about your gender.

Self-Esteem



Have self-confidence and believe in yourself. You can do anything if you put your mind to it!

Participation in community groups, or having an interest or a hobby can really boost your mood!

What would you like to achieve?

If you were worried about a friend, or somebody else, you could talk to a trusted adult in school.



You could also get help from Childline by calling **0800 1111** or visiting www.childline.org.uk/get-support/

There are also sections on the Think u Know website where you can get support by visiting www.thinkuknow.co.uk/



If you see extremist behaviour online then you can report this using the CEOP button.



Vocabulary

biological sex	Whether a person is born a boy or a girl.
culture	Characteristics of a particular group of people: language, music, art etc.
faith	Having a religious belief.
gender	Being male or female.
individuality	Qualities of a person that make them unique.
personal identity	A personal self-image.
qualities	Characteristics of a person, e.g., kindness or honesty.
race	A group of people who share ancestry.
transgender	People whose gender identity is different from their gender when they were born.
unique	Being one of a kind.

CRC Article 14: All children have the right to their own thoughts, opinions and religion.

CRC Article 30: All children have the right to their own language, culture and religion.

CRC Article 24: All children have the right to be healthy.

