



Year 5 - Spring - PSHE Knowledge Organiser

What I already know...

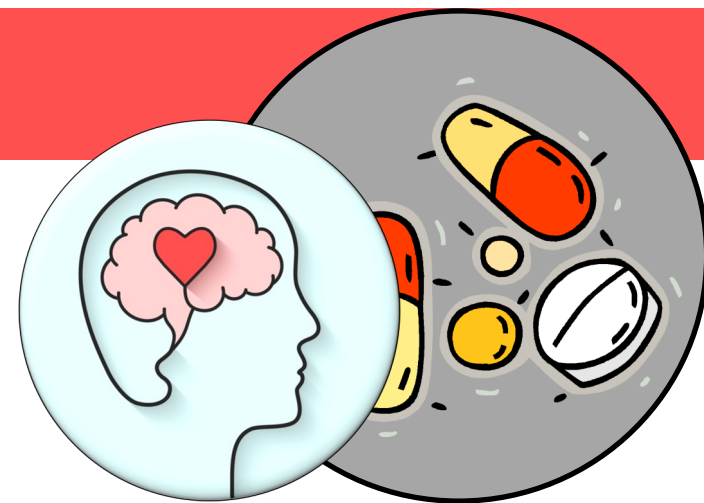
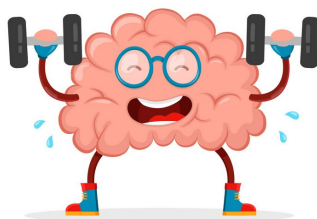
- That mental health, just like physical health, is part of daily life; the importance of taking care of mental health.
- To recognise that feelings can change over time and range in intensity.
- About everyday things that affect feelings and the importance of expressing feelings.

Key Vocabulary

Feelings	An emotional state or reaction
Mental health	Our mental health is how positive our thoughts are and how we feel and act. This also includes how we handle stress and what choices we make.
Legal drugs	A substance that changes the way our body works that is allowed within the law.
Illegal drugs	A substance that changes the way our body works that is not allowed within the law because they pose a serious danger.

What I will learn...

- Feelings are an emotional state or reaction.
- Feeling overly sad or anxious can indicate a change in your mental health.
- Mental health is a normal part of daily life, in the same way as physical health.
- Talking and expressing feelings can help to resolve issues.
- Legal drugs include: nicotine/cigarettes, e-cigarettes/vaping, alcohol and medicines.
- Some people choose to use legal drugs and some people do not.
- Illegal drugs are banned because they pose a serious danger.



Making a difference at The Merton

We will dig deeper into how to look after our own physical and mental health and safety—understanding the warning signs and knowing when to ask for help. Together we will explore strategies to respond to and express feelings. Alongside this, we will consider how to make responsible decisions and recognise the laws surrounding legal and illegal drugs.

Making a difference at home

Create a feelings journal to document the range of feelings that you experience everyday to realise that it is normal to feel a mixture of emotions.