

Reflective Questions

- What is mindfulness?
- What tips can you give me for taking care of my mental health?
- What is the grief cycle and how do I deal with grief?
- Who do you talk to online and how do you know that

What Makes Our School Great?

As good citizens of Water Orton Primary School it is important for us to take care of our mental health. We can understand that we may feel pressure online and need to use technology positively



Weekly Celebrations:

- Week 1- Know how to make friends.
- Week 2 - Try to solve friendship problems when they occur.
- Week 3 - Help others to feel part of a group.
- Week 4 - Show respect in how they treat others.
- Week 5 - Know how to how to help themselves and others when they feel upset and hurt.
- Week 6 - Know and show what makes a good

Puzzle Outcomes

- I know that it is important to take care of my mental health and that any problems I suffer are nothing to be ashamed of.
- I know how to take care of my mental health and how I can help others who are suffering.
- I understand that there are different stages of grief and different types of loss and I have strategies to manage them.
- I can understand when people are trying to gain power and control and can stand up for myself and friends in these situations.
- I can judge whether something online is safe and helpful to me and can resist pressure to do something that may harm myself or others.
- I can use technology positively and safely to communicate with friends and family and can take responsibility for my own online safety.

Jigsaw Learning Charter

Key Vocabulary

Ashamed	Embarrassed or guilty about your actions.
Anxiety	A feeling of unease, worry or fear.
Assertive	Having or showing a confident and forceful personality.
Bereavement	A period of mourning following the death of a loved one.
Denial	The action of not admitting to something.
Despair	The complete loss of absence or hope.
Genuine	Meaning what you say.
Guilt	Make something thing they have to do something by using their emotions.
Mental health	A person's condition with regard to their psychological and emotional well-being.
Power	The ability to direct or influence the behaviour of others.
Stigma	A mark of disgrace associated with a circumstance or person.
Technology	Electrical items used to send and receive messages and search the internet or play games.

