



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

PSHE: Relationships

Year 6: Summer 1

Key Vocabulary		✓
Mental health	How you think and feel about yourself and the world around you	
Ashamed	Feeling shame or guilt over something you have done	
Stress	What you feel if you are worried or uncomfortable about something	
Anxiety	A feeling of unease such as worry or fear	
Grief	The reaction you have when you have lost someone	
Denial	Refusing to believe or accept something	
Bereavement	The state of being sad when someone has died	
Control	Using your power to manage others	
Assertive	Standing up for yourself and others	

Key Topics ✓

I understand people can have mental health problems		
I know how to look after my mental health		
I understand there are different stages of grief		
I can stand up for myself and my friends		
I can judge if something online is safe		
I can be responsible for my own safety and well being		

Mental Health and Control ✓

stop comparing yourself to others. 	Comparing yourself with others	
	Stress	
	Anxiety	
	Work load	
	Grief	
	Control	