

The Character Curriculum

Flourishing for Life



<p>Y6: Stress L3 – Supporting others with stress</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - Reason and apply the virtues needed to cope with stress. 	<p>Key vocabulary: Stress, anxiety, worry, consequences, strategies, conflict Key virtues: Compassion, resilience, courage</p>
<p>Resources: PowerPoint</p>	<p>Statutory links: Health Education (2020) Pupils should know:</p> <ul style="list-style-type: none"> - That mental wellbeing is a normal part of daily life, in the same way as physical health. - That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. - How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. - The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. - Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. - Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). - It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. 	

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Key questions:	Learning activities:
What has helped Ariana Grande when she has experienced anxiety?	<p>Starter: Celebrities speak out</p> <p>Show the picture of Ariana Grande. What do children know about her?</p>
What virtues has Ariana Grande shown by sharing her story?	<p>She has spoken publicly about her battle with stress and anxiety. You can watch the video here: https://www.bbc.co.uk/newsround/46063045 [accessed 29.05.2020].</p>
What are the long-term and short-term consequences of avoiding what is worrying you and facing what is worrying you?	<p>What has helped her? What virtues has she shown by sharing her story?</p> <p>There any many other celebrities who have spoken about mental health – do the children know any more? (Prince William and Prince Harry, Selena Gomez, Ellie Goulding, Freddie Flintoff).</p>
What is the conflict in the moral dilemma?	<p>Activity 1: Face or flee the fear?</p> <p>When we are feeling stressed and anxious, we can often choose either to face the fear or avoid the fear.</p>
What is a 'wise' solution?	<p>What are the short-term and long-term consequences of both of these decisions?</p> <p>Activity 2: Moral dilemma</p>
Is there more than one?	<p>Look at the moral dilemma together.</p>
What virtues are needed?	<ul style="list-style-type: none">- What is the problem in this dilemma?- How would you feel?- Are there any virtues in conflict in this dilemma?- What do you think a wise solution is? Is there more than one?
	<p>Plenary: Be kind</p>
	<p>Find someone who you think might be stressed or having a difficult time. Do something kind for them. It might be making them a drink, writing them a note or card or just taking the time to listen to them talk about how they are feeling.</p>