

Year 5 Personal Care

National Curriculum objectives

Pupils learn about what keeping healthy means and different ways to keep healthy.
Pupils learn that mental health, just like physical health, is part of daily life; the importance of taking care of mental health

Key Learning

- To view their own wellbeing in the context of a mindset

Key Vocabulary

Fixed mindset: Believing that we can't change the way we think.

Growth mindset: Believing that we can change the way we think.

Mindset: Our attitudes – the way we see things, in this case how we see our ability to change ourselves and grow in the way we think.

Resilience: Being able to recover quickly from problems and difficulties.

Equipment and Resources

- [Poster Mindset Differences](#) for display on the whiteboard.
- [Mindset Differences Questions](#) for display on the whiteboard.
- [Fixed vs Growth Mindset poster](#) to display on the whiteboard.
- [Change the way you think sheet](#). Each child should have a copy.
- [Resilient Behaviours 1](#) and [Resilient Behaviours 2](#) for display on the board.

Required Downloads (see lesson plan for download link)

- Logic puzzles for the children to try.

Key Questions

When have you been resilient?

What phrases might someone say to show a growth mindset?

What's a more positive way to say, "I'm not good at drawing?"

Does it matter if you don't do something perfectly first time?

Safety

- Carry out sessions in a quiet, safe area so that pupils can focus on their thoughts with minimal distraction