**Mental Health Unit – Curriculum Map Academic Year 2023-2024**

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| **Key Stages 1&2** | **Autumn** | | **Spring** | **Summer** |
| Y1/2 | We all have feelings | Good and Bad Feelings | Big Feelings | Change and Loss |
| Y3/4 | Everyday Feelings | Expressing Feelings | Change, Loss and Grief | Managing Feelings |
| Y5/6 | Mental Health and Keeping Well | Managing Challenges and Change | Managing Loss and Grief | Feelings and Common Anxieties when transitioning to Secondary School |

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| **Key Stage 3** | **Autumn** | | **Spring** | | **Summer** | |
| Y7,8,9 | Attitudes to Mental Health | Promoting Emotional Wellbeing | Digital Resilience | Unhealthy Coping Strategies | Healthy Coping Strategies | Change Loss and Grief |

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| **Key Stage 4** | **Autumn** | | **Spring** | | **Summer** |
| Y10, 11 | New Challenges | Promoting Positive Thinking | Recognising Mental Ill Health | Change, Loss and Grief | Promoting Emotional Wellbeing |