

Children's Mental Health Week - Progression Grid - Whole School

Nursery	Reception	Year 1	Year 2	Year 3/4	Year 4/5	Year 5/6
Minimum learning is highlighted			Minimum vocabulary is in bold			
To know when we feel sad and to tell a grown up	To know that there are different emotions – link to Zones	To know who I am connected to and how do I feel about them	To know who to turn to for different aspects of emotional well being eg who makes them laugh, who will sit and chat, who is adventurous	To know that different experiences make different feel different emotions – link to Zones of Regulations	To know that mental and emotional health can be affected by different aspects of life	To know that people suffer from depression, anxiety, low mood but there are other mental illness such as bi-polar
To know when we feel cross/angry and to tell a grown up	To know and recognise our own emotions	To know how are we connected as a class and how we feel about each other	To know what we have in common with our friends – extend to interests and hobbies	To know that when we do not feel good it can be normal or it can indicate that someone is a bit more than sad	To know how to describe aspects of mental ill health such as depression, anxiety – they may also use words such as low, low mood, overwhelmed, worried, agitated – ref to Zones of Regulation	To know that sometimes people need help from others and can talk about organisations that may help such as GP, Childline, Samaritans
To know that all feelings are OK but sometimes we need help	To know we can ask for help if we feel very sad or cross/angry	To know that the more and the stronger the connections we have the more people we can turn to if we need to	To know how to develop and build upon connections in a safe way	To know what emotional and mental health are and how people can be poorly mentally in the same way we can be physically	To know where to seek help both within their family and outside of their family	To know what symptoms they should be aware of to maintain their own mental health eg low mood that lasts a long time, not wanting to engage with the things they normally enjoy
	To know some strategies to help us to not feel sad or angry – link to Zones	To know that no one is happy all the time and we have lots of people we can go to for help				
Disciplinary Knowledge						
To know that mental health can change in the same way physical health can change						

See resources within planning folder or use: <https://www.childrensmentalhealthweek.org.uk/schools/primary-age-activities/#resources>