

**RHSE**

**YEAR 4**



**Southdale**  
C of E Junior school  
*Shining like stars in the universe*

# One Life - Year 4



## STRENGTH OF SELF-AWARENESS

### Session 1 MENTAL FITNESS

**(Strength of Self-Awareness)**

**Know: Human Form:**

**I know my self-image is important for my mental fitness- its ok to be different**

- myself really well and can talk about my unique human self-personality, habits, strengths and weaknesses.
- that some people are trapped in this human form. This is why people compare themselves to others.

### Session 2 MENTAL FITNESS

**(Strength of Self-Awareness)**

**I know that my mind should be my best friend**

As a human Being know:

- that I am a bright light and my being is the most important part of who we are
- we all have values that make up our hearts/spirit and soul
- that thoughts are not facts

### Session 3 MENTAL FITNESS

**(Strength of Self-Awareness)**

**I know that I must be self-aware if I want to be my best self**

- how they are currently showing up in the world
- that being self-aware means I can choose how I show up and what I say and do in line with my values

### Session 4: SOCIAL FITNESS

**(Families and people who care for me)**

**Know: I know why family time is important.**

- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives How important families are in times of difficulty and importance of spending time together. We are wired for connection and not rejection



## STRENGTH OF SELF-AWARENESS

Session 5: SOCIAL FITNESS	Session 6: PHYSICAL FITNESS	SESSION 7: CONNECTION LESSON AND REVIEW	END GOALS:
<p><b>(Caring friendships)</b></p> <p><b>Know: I know how to be a caring friend</b></p> <ul style="list-style-type: none"> <li>the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</li> <li>that friendships should bring you enjoyment and healthy friendships are positive and welcoming and do not make others feel lonely or excluded</li> </ul>	<p><b>(Healthy eating)</b></p> <p><b>Know: I know key facts about nutrition</b></p> <ul style="list-style-type: none"> <li>what constitutes a healthy diet and understand calories and nutritional content (real food and myths)</li> <li>the impact of a poor diet on health</li> <li>you are in control of your health</li> </ul>		<p><b>Mental Fitness:</b></p> <p>Know that they are unique human beings and we shouldn't compare ourselves to other people. We should try and connect with each other on a deeper spiritual level as bright lights connecting. Know that self-awareness can help me to show up as my best self. Know that they are not their mind or thoughts.</p> <p><b>Social Fitness:</b></p> <p>That spending time with our family is important as this is when we feel loved, safe and protected. Know that caring friendships are important for our social fitness because they help us to feel loved and cared for beyond our families.</p> <p><b>Physical Fitness:</b></p> <p>Know that you are in control of your food choices and that this will affect your overall sense of wellbeing as you live your One Iife. Know that we only get one body and we need to look after it.</p>



## STRENGTH OF OUR RESPONSE SYSTEM

### Session 1 MENTAL FITNESS

**(Strength of our response system)**

**Know: I know that all emotions are OK, but it is how we respond to them which is the key**

- 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.
- understand their responds system so the can respond and not react

### Session 2 MENTAL FITNESS

**(Strength of our response system)**

**Know: I know that my mind is powerful**

- that we all have a choice how we respond – free will!
- that the response system is like a smoke alarm but we can CHOOSE how we respond if we are aware!

### Session 3 MENTAL FITNESS

**(Strength of our response system)**

**Know: I know some strategies that I can use when I need to choose my response**

- and name emotions and explain what the smoke alarm is
- that you can choose what is right and good if you know your response system and urges well enough

### Session 4: PHYSICAL FITNESS

**(Health and prevention)**

**Know that we only get body and we must love, care and respect it however unique and different it might be.**

- be aware that all bodies are different and equally amazing
- we all have different bodies and we must be aware and accept our bodies and respect them and others



## STRENGTH OF OUR RESPONSE SYSTEM

### Session 5: SOCIAL FITNESS

#### (Being Safe)

**Know: I know what consent means and why some secrets should not be kept**

- what consent is - no means no
- what body privacy is and why this is important for self-respect
- that it is not right to keep secrets if it's relating to being safe
- what sort of boundaries are appropriate in friendships with peers and others

### Session 6: SOCIAL FITNESS

#### (Being Safe)

**Know: I know how to respond safely to adults on and off line**

- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
- why social media, some computer games and online gaming, for example, are age restricted (internet safety)

### SESSION 7: CONNECTION LESSON AND REVIEW

### END GOALS:

#### Mental Fitness:

Know that all emotions and feelings are ok as long as we manage our response system well. To be mentally fit we must respond and not react. We need to get to know our response system so we show up as our best selves.

#### Social Fitness:

To know that boundaries are important in keeping us safe and that consent is important for our safety. To know that some secrets should not be kept and know who to speak to if feeling unsafe.

#### Physical Fitness:

Know about oral hygiene and why going to the dentist regularly is important for our overall wellbeing.



## FLEXIBILITY OF BOUNCING BACK

### Session 1 MENTAL FITNESS

**(Flexibility of bouncing back).**

**Know: I know the connections between thoughts, feeling and actions**

- that bouncing back is important to my mental fitness
- to accept the isness of life

### Session 2 MENTAL FITNESS

**(Flexibility of bouncing back).**

**Know: I know that I can learn from my mistakes and brush things off easily**

- know that some emotions can get trapped inside of us and we have to have tools to unravel them
- know that we should let little things easily to ensure inner peace

### Session 3 MENTAL FITNESS

**(Flexibility of bouncing back).**

**Know: I know that mistakes are important and we need to forgive ourselves and others if we want to live a happy life**

- different ways to help you to bounce back peacefully
- how to recognize some of the habits you are building

### Session 4: SOCIAL FITNESS

**(Respectful Relationships)**

**Know: I know how to expect to be treated by others and treat others that way too.**

- the conventions of courtesy and manners and why these are important in lots of different contexts (pardon, your welcome, how are you?, holding doors open)
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.



## FLEXIBILITY OF BOUNCING BACK

Session 5: SOCIAL FITNESS	Session 6: SOCIAL FITNESS	SESSION 7: CONNECTION LESSON AND REVIEW	END GOALS:
<p><b>(Respectful Relationships)</b></p> <p><b>Know: I know what bullying is and the consequences of it</b></p> <ul style="list-style-type: none"> <li>what bullying is (cyberbullying too) and how it has a negative and often long-lasting impact on mental wellbeing</li> </ul>	<p><b>(Online Relationships)</b></p> <ul style="list-style-type: none"> <li>the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</li> </ul>		<p><b>Mental Fitness:</b></p> <p>Know that mistakes and challenges happen in life and it is how we respond and bounce back from them which is the key. Know that we must little things go easily and choose to say sorry and forgive if we want to be mentally fit.</p> <p><b>Social Fitness:</b></p> <p>Know what respectful relationships are and how to use manners to show respect to everyone in and out of school. Know what bullying and cyberbullying is and how to report it. Know that staying safe online is equally as important to their social fitness.</p>
	<p><b>Session 6: PHYSICAL FITNESS</b></p>		
	<p><b>(Health and Prevention:</b></p> <p><b>Know: I know about healthy dental hygiene and why it is important</b></p> <ul style="list-style-type: none"> <li>about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</li> </ul>		



## POWER OF COMPASSION

### Session 1 MENTAL FITNESS

#### (Power of Compassion)

**Know: I know that compassion is suffering together and I must be self-compassionate for my mental fitness**

- that having self-compassion is very important – learning to be kind to yourself, accepting your mistakes and being comfortable with your feelings. This is one of the key secrets to happiness and mental fitness

### Session 2 MENTAL FITNESS

#### (Power of Compassion)

**I know how to show compassion towards others using the SENSES**

- know that when you make others feel good, it releases happy hormones (serotonin and oxytocin) which makes YOU feel good too!
- how to use the SENSES to be compassionate

### Session 3 MENTAL FITNESS

#### (Power of Compassion)

**Know: I know how to be compassionate towards my friends**

- how to use the SENSES to be compassionate
- what sympathy, empathy, non-judgemental, sensitivity and extra care mean

### Session 4: SOCIAL FITNESS

#### (Respectful relationships)

**Know: I know what a stereotype is and how to avoid using them**

- what a stereotype is and how they can be unfair, negative or destructive and can affect people's happiness
- don't judge people by human forms! We should connect on a being level!





## POWER OF COMPASSION

### Session 5: SOCIAL FITNESS

(Caring Friendships: managing conflict)

**Know: I know that friendships change and how to manage conflict**

- how people choose friends and stay friends over time
- how to manage conflict in situations (practise letting it go!)

### SESSION 6: CONNECTION LESSON AND REVIEW

#### END GOALS:

##### **Mental Fitness:**

Know that everyone suffers and compassion means suffering together.

Know that we have to be compassionate with ourselves first and then we can be compassionate to others using the SENSES approach (sympathy, empathy, non-judgemental, extra care and sensitive.

##### **Social Fitness:**

Know what a stereotype is and how this can be unfair, negative and destructive. Know how to use compassion in friendships to let things go and manage conflict.



## POWER OF NOW

## Session 1 MENTAL FITNESS

**(Power of NOW)**

**Know: I know that the present moment is a gift**

- that the mind wants to take us away from the present moment
- know that we need to build this power if we want to enjoy our one life

## Session 2 MENTAL FITNESS

**(Power of Now)**

**Know: I know how to build my power of now**

- how to give my full attention when doing and being
- and use senses to be fully alert- don't label it! Feel connected inside

## Session 3 MENTAL FITNESS

**(Power of Now)**

**Know: I know why it is important in the moment and for my future moments**

- the goodness in my life when I am still and present (gratitude for simple things)
- some simple techniques to help me use my power of NOW (mindful touch, mindful eating, mindful listening)
- that the power of now can help us when things go wrong

## Session 4: SOCIAL FITNESS

**(Caring Friendships)**

**Know: I know that friends can help with physical, mental and social challenges**

- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- that friends can support with problems and difficulties
- that friends can support you build your power of now



## POWER OF NOW

## Session 5: PHYSICAL FITNESS

## (Health and Prevention)

**know the importance of good sleep for my health**

- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn

## SESSION 6: CONNECTION LESSON AND REVIEW

## END GOALS:

**Mental Fitness:**

Know that our minds want to take us away from the present moment. Know that we must build the power of now to be more mindful and aware of what we do, say and how we act. Know that breathwork can help us.

**Social Fitness:**

Know that healthy friendships should be welcoming and make you feel good.

**Physical Fitness:**

Know about the importance of sleep and how it affects weight and overall wellbeing.



## FLEXIBILITY OF BALANCING DOING AND BEING

### Session 1 MENTAL FITNESS

#### (Flexibility of doing and being)

**Know: I know what I am good at doing and I am ok with that**

- preferred ways of doing
- understand limitations on doing level

### Session 2 MENTAL FITNESS

#### (Flexibility of doing and being)

**Know: I know that I need to feed my being to stay balanced inside**

- human level won't satisfy you in the absence of conscious being.
- disillusionment will come if you think things/doing will make you happy
- that we must make time to just be!

### Session 3 MENTAL FITNESS

#### (Flexibility of doing and being).

**I know how to balance the doing and being.**

- you are so much more than your human form (thoughts and feelings and what you do)
- you are a bright light and sometimes you need to charge the light in order to live a happy life! (being and not always doing!)

### Session 4 PHYSICAL FITNESS

#### (Health and Prevention)

**Know: I know it is common for people to struggle with their mental health**

- 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.



## FLEXIBILITY OF BALANCING DOING AND BEING

Session 5 PHYSICAL FITNESS	Session 6 PHYSICAL FITNESS	SESSION 7: CONNECTION LESSON AND REVIEW	EXTRA CONTENT: CHANGING ADOLESCENT BODY	END GOALS:
<p><b>(Physical health and fitness)</b> <b>if I am concerned about myself or others.</b></p> <ul style="list-style-type: none"> <li>• who to speak to in school if they are concerned about their health</li> </ul>	<p><b>(Physical health and fitness)</b> <b>Know: I know why regular exercise is important to my overall health and wellbeing.</b></p> <ul style="list-style-type: none"> <li>• the importance of building regular exercise into daily and weekly routines</li> </ul>		<p>The names for the main body parts (including external genitalia) and why it is important to keep them private</p>	<p><b>Mental Fitness:</b></p> <p>Know that we must balance the doing and being and that just doing won't satisfy us if we don't make time just to be. Know what we are good at doing and know what feeds our being so that we can live our one life really well.</p> <p><b>Physical Fitness:</b></p> <p>Know that physical activity is essential to overall well-being.</p> <p>Know some of the dangers associated with an inactive lifestyle.</p>