



COURTHOUSE GREEN PRIMARY SCHOOL

🎓 Whole School PSHCE Parent and Carer Guide

Health & Wellbeing (Autumn Term)

Theme: Emotions, Wellbeing & Healthy Choices

British Value: *Individual Liberty*

Core Values: Responsibility · Resilience · Kindness · Collaboration ·
Pride · Strive to Improve



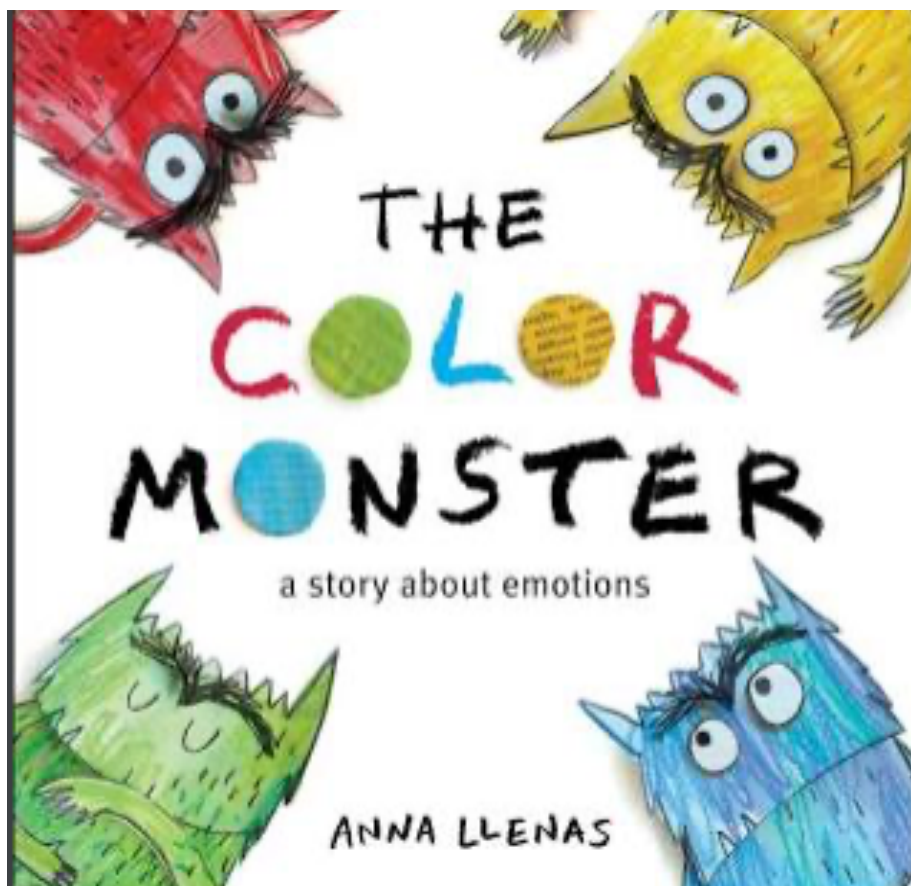


Don't forget to ask
your child about
their Thrive Thursday
learning about the
brain!
They are experts!



Tips for All Parents/Carers

- **Model language:** "I felt nervous today, so I talked to someone about it."
- **Validate:** Let children know all emotions are OK to feel.
- **Build routines:** Encourage sleep, nutrition, and downtime.
- **Stay curious:** Ask open-ended questions instead of yes/no ones.
- **Model emotions:** "I felt frustrated today, but I took a few deep breaths to feel calm again."
- **Use books:** Discuss how characters in stories handle feelings.
- **Routine chats:** Talk about feelings regularly—during dinner or bedtime.
- **Praise expression:** Celebrate when your child opens up emotionally or makes a healthy choice.



Year 1

EMOTIONAL WELLBEING



● Year 1: Building Emotional Awareness

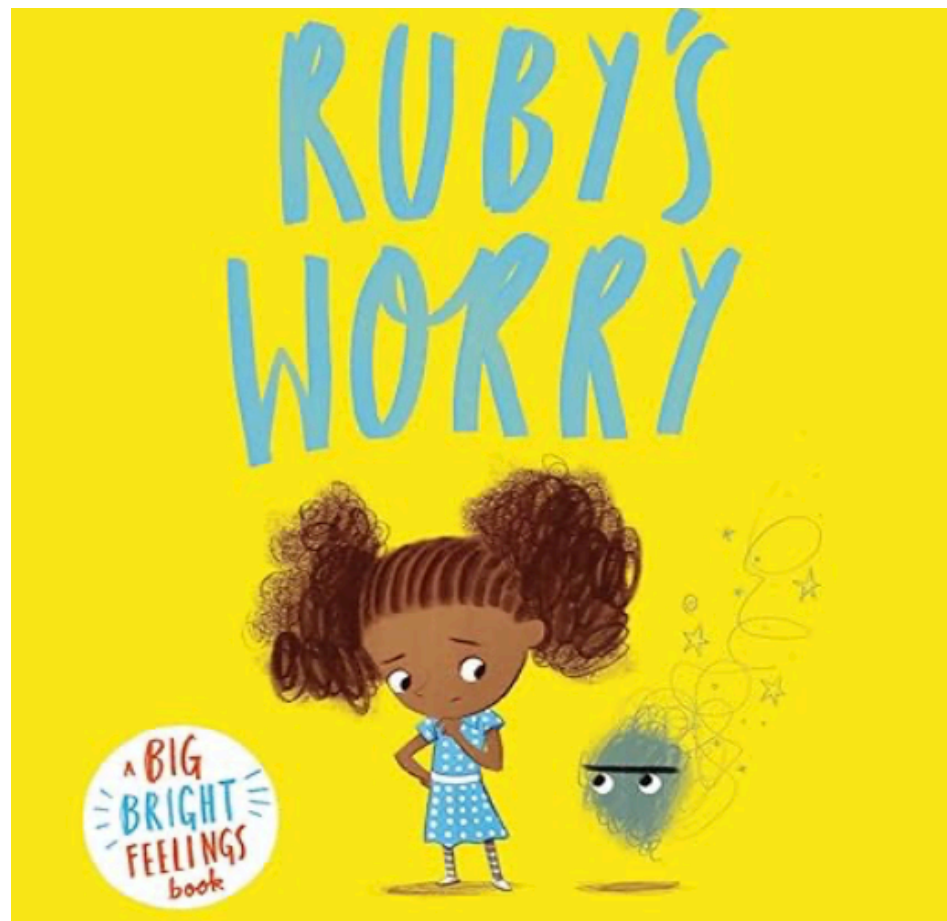
📖 *Texts:*

The Colour Monster

Ruby's Worry

The Bog Baby

- **Talk about:** What makes us feel good or not so good?
- **Ask:**
 - How do you know someone is feeling sad or angry?
 - What do you do when you're feeling worried?
 - What do you love about being you?
- **Talk about:** Making healthy choices
- **Ask:**
 - What helps you feel mentally healthy?
 - What healthy things can you choose during the day?



Year 2

EMOTIONAL WELLBEING



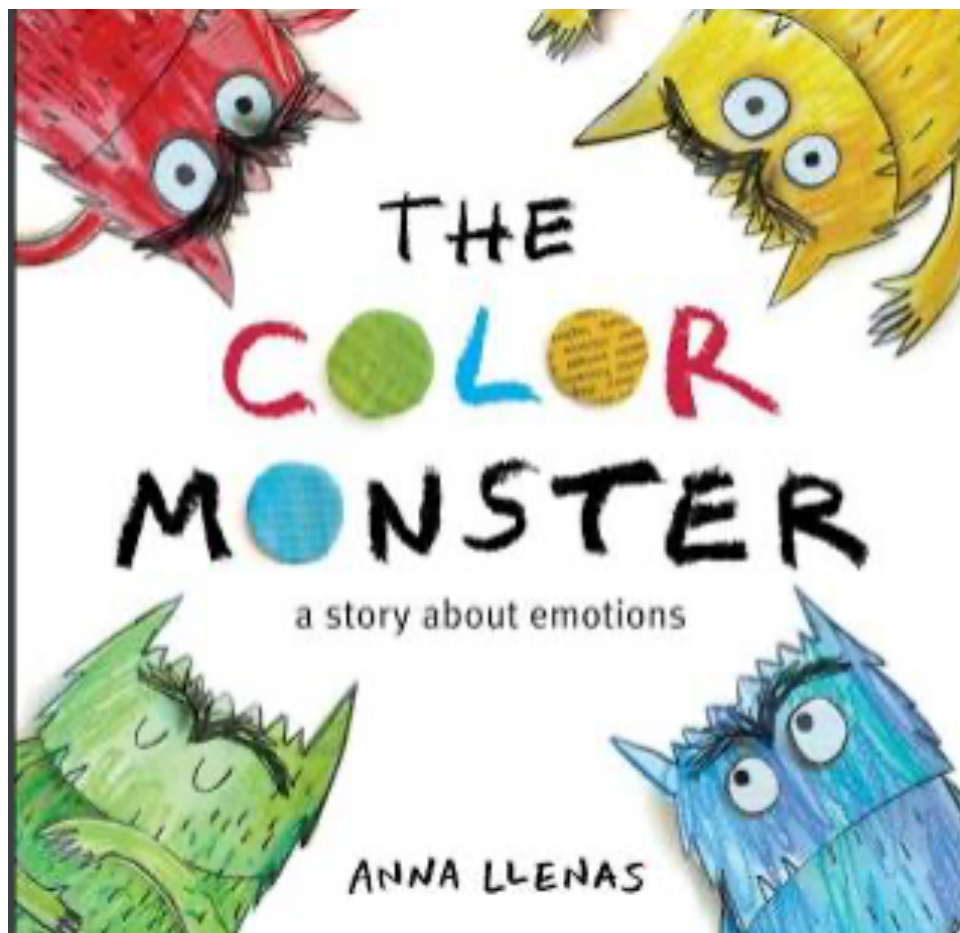
● Year 2: Deepening Emotional Strategies

📖 Texts:

The Colour Monster

Ruby's Worry

- **Talk about:** Naming feelings; managing emotions
- **Ask:**
 - Is it OK to feel angry or scared?
 - Can boys and girls show feelings in the same way?
 - What makes your worry grow or shrink?
- **Talk about:** Choices and their impact
- **Ask:**
 - What healthy choices did you make today?
 - How do you feel when you eat well or get lots of sleep?



📖 Year 3: Understanding Mixed Emotions

📖 Texts:

The Colour Monster

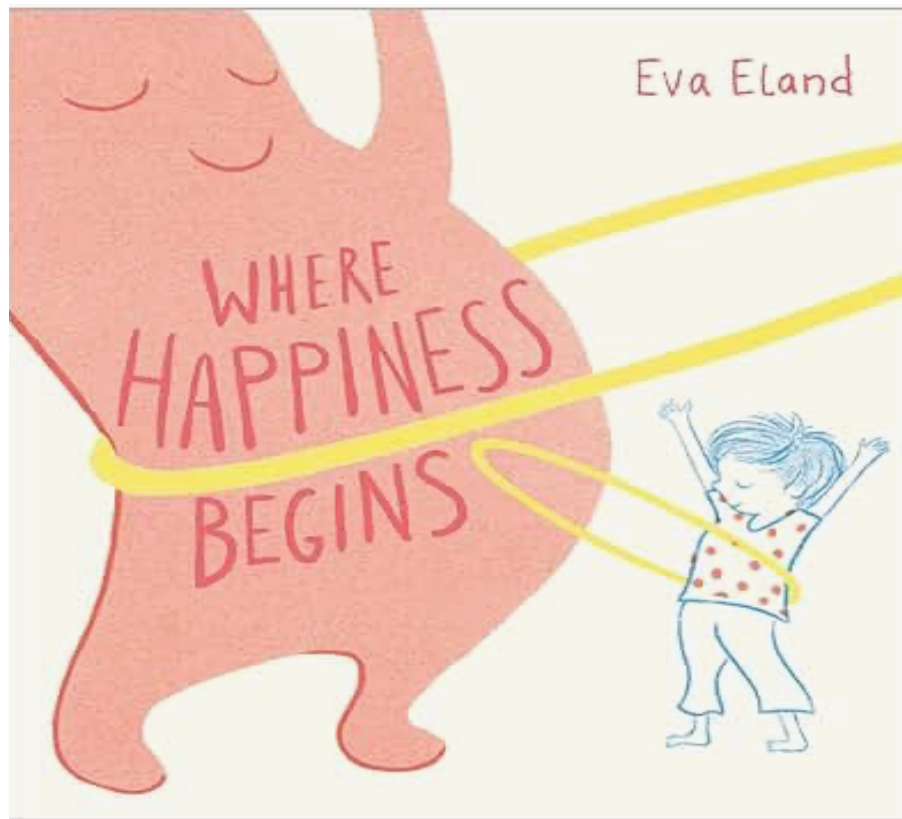
Ruby's Worry

- **Talk about:** Conflicting feelings and body signals
- **Ask:**
 - Can you feel happy and sad at the same time?
 - What does sadness look like even if someone pretends to be happy?
 - What do you do to feel better when sad?
- **Talk about:** Daily self-care
- **Ask:**
 - What are three ways you can care for your mind and body each day?

Year 3

EMOTIONAL WELLBEING





● Year 4: Managing Intense Feelings

📖 *Texts:*

The Colour Monster

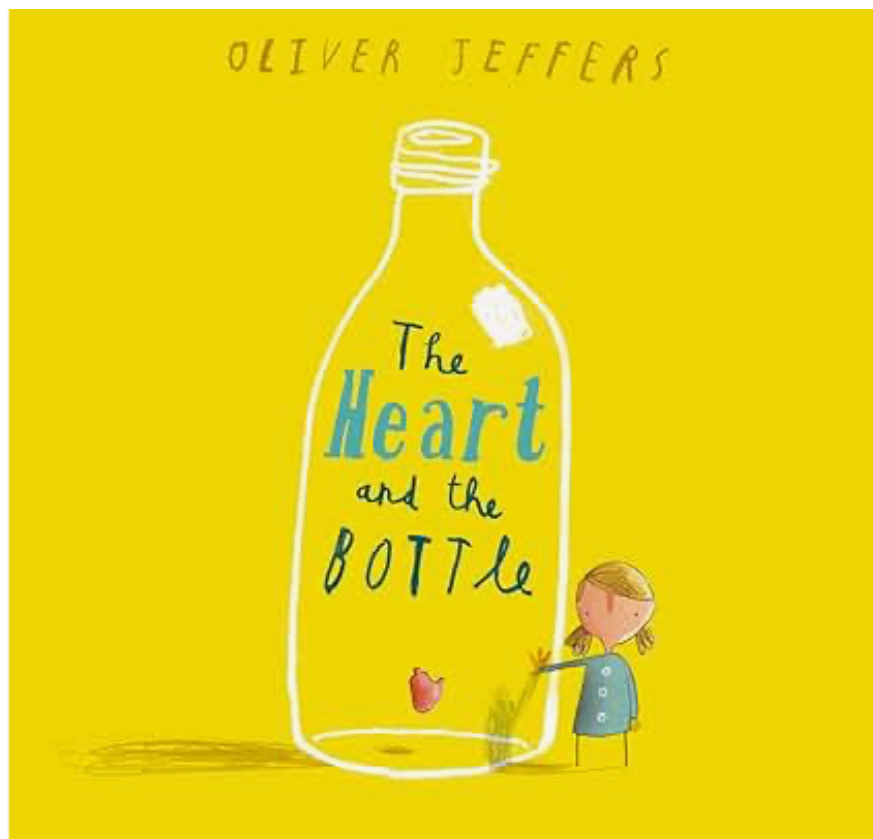
Where Happiness Begins

- **Talk about:** Feeling overwhelmed; emotional intensity
- **Ask:**
 - What can make people feel overwhelmed?
 - Can you describe a time you felt lots of emotions at once?
 - How do you protect your happiness
- ◎ **Talk about: Mental and physical wellness habits**
- **Ask:**
 - What makes someone's lifestyle healthy?
 - What helps you feel confident and calm?

Year 4

EMOTIONAL WELLBEING





Year 5

EMOTIONAL WELLBEING



◆ Year 5: Exploring Complex Emotions

📖 Texts:

The Colour Monster

The Heart and the Bottle

The Colour Thief

Talk about: Gender and cultural expectations of emotions

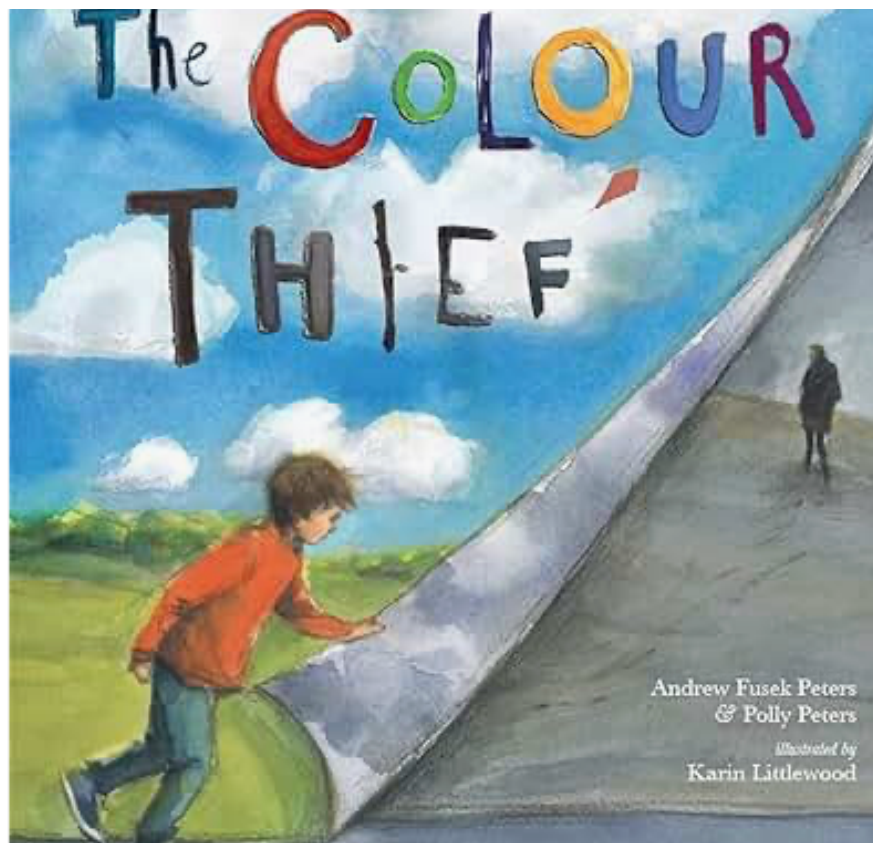
○ **Ask:**

- Are some emotions harder for boys/girls to express?
- What does “bottling up emotions” mean? Is that helpful?
- How can we talk about feelings we don’t have names for?

◎ **Talk about: Personal responsibility for wellbeing**

○ **Ask:**

- What’s one healthy choice you made today?
- How do you manage stress or pressure?



◆ Year 6: Emotional Literacy & Resilience

📖 *Texts:*

The Colour Monster

The Heart and the Bottle

The Colour Thief

- **Talk about:** Grief, loss, vulnerability
- **Ask:**
 - Why do people hide their emotions sometimes?
 - How do expectations about emotions differ in cultures?
 - What helps when someone feels isolated or overwhelmed?
- **Talk about:** Lifelong wellbeing choices
- **Ask:**
 - What helps you bounce back from feeling down?
 - Who can you talk to when you're struggling?

Year 6

EMOTIONAL WELLBEING

