



Quality of Education



Class	Rowan
Subject	Nurture – Mental Health and Developing Empathy
Topic	Small Things by Mel Tregonning
Term	Spring 1

Sequence of lessons – Objectives to be met

Lesson 1	I can talk about a book I have read.
Lesson 2	I can explain what mental health is and think of ways to help myself and others feel happy.
Lesson 3	I can talk about how a character is feeling and think of ways that could help them feel happy when feeling sad or down.
Lesson 4	I can create a positivity stone that could help someone feel happy when they are feeling sad or down.

