



## Quality of Education



Class	<b>Oak</b>
Subject	<b>Nurture – Mental Health and Developing Empathy</b>
Topic	<b>Small Things by Mel Tregonning</b>
Term	<b>Spring 1</b>

### 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.

