Statutory RSHE | Economic Wellbeing & Careers

Year 2

Autumn 1

Mental health and wellbeing

This unit builds on the learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement).

Suggested lessons:

Foundations for Wellbeing – Y2

L1: Noticing and naming feelings

L2: Different distractions

L3: Changing thoughts and feelings

L4: Managing unhelpful thoughts

L5: Reactions and responses

Change, loss and grief – KS1

L1: What happens when things change?

Autumn 2

Keeping safe online

This unit explores how online content can impact feelings, and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information).

Suggested lessons:

CEOP: Jessie and Friends – KS1

L1: Watching videos

L2: Sharing pictures

L3: Playing games

BBFC: Watch out! – KS1

L1: Helping to make good viewing choices

L2: Keeping viewing choices safe

Spring 1

Me, my body and staying safe

This unit explores how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe.

Suggested lessons:

Changing and growing up – KS1

L1: My special people

L2: Growing up – the human life cycle

L3: Everybody's body

NSPCC: Talk PANTS – ages 5-7

L1: PANTS power

L2: More PANTS power

Spring 2

Money and work

This unit examines people's different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants.

Suggested lessons:

The Careers and Enterprise Company: Careers explorers – KS1

L1: Strengths and interests

L2: Different jobs

Money and wellbeing – KS1

L1: What is money?

L2: Money choices

Summer 1

Keeping safe outside the home

This unit builds on prior learning about risk through the context of road and rail safety. Pupils learn what an 'emergency' is and how to get help from an adult in an emergency, or call 999 themselves if they need to.

Suggested lessons:

Road and rail safety – KS1

L1: Crossing the road

L2: Keeping safe around railways

Getting help in an emergency – KS1

L1: Getting help in an emergency

COMING SOON

Water safety – KS1

Environment agency: Caring for the environment

L1: Everyone is responsible

Summer 2

Looking back and moving on

Use this unit to consolidate learning – this could include an extended project rehearsing skills and extending knowledge from previous units. It is also an opportunity to celebrate pupils' achievements and prepare them for the transition to key stage 2.

Suggested lessons:

Foundations for Wellbeing: Revisit the extension and embedding activities in year 2 lessons.

Embracing change and new challenges – KS1

L1: Moving to a new class

Alternative / additional lessons:

Curiosity Library (£): Fang and the changing seasons