

Y9 PSHE Term 2a

Our Pentecost unit: *Essential life skills*

Our Pentecost theme: Life beyond school

	Lesson (based on one lesson every two weeks).
Lesson 1	<ul style="list-style-type: none">• Importance of Happiness - Improving Mental Health - To explore what happiness might mean to different people. To explore why it's OK for us to explore our own feelings and emotions. To evaluate whether happiness truly exists.
Lesson 2	<ul style="list-style-type: none">• Anger Management - To understand the science behind why someone gets angry. To explore how our thoughts and feelings can impact what we do and say. To understand how to deal with and manage anger.
Lesson 3	<ul style="list-style-type: none">• Financial Management - To understand the importance of budgeting throughout a person's life.