

# PSHE

## MENTAL HEALTH AND WELLBEING DECIDER SKILLS

Spring 2 2024

Class Lynher

In our first lesson we were introduced to The Decider Skills. These are twelve skills that help us to manage emotions, make good decisions and get on well with others. We looked at the Thoughts-Behaviours-Feelings cycle. We also explored 'the fizz' and what this feels like for us. We then looked at our first decider skill – STOPP.



I liked how there were hand movements to the skills as it helped me to remember. If it was just words I think I would forget.

STOPP helps you to calm yourself in a situation.

In this lesson we shared how we had felt the fizz in good and negative ways and how we had dealt with those feelings. Then we learnt the skills 54321, name the emotion and opposite actions. We used a video to spot the emotions that others were experiencing and thinking about how they feel for us.

5,4,3,2,1, right now is a thing to help you to remember that you are not going to be stuck in a situation forever and it will stop at some point.





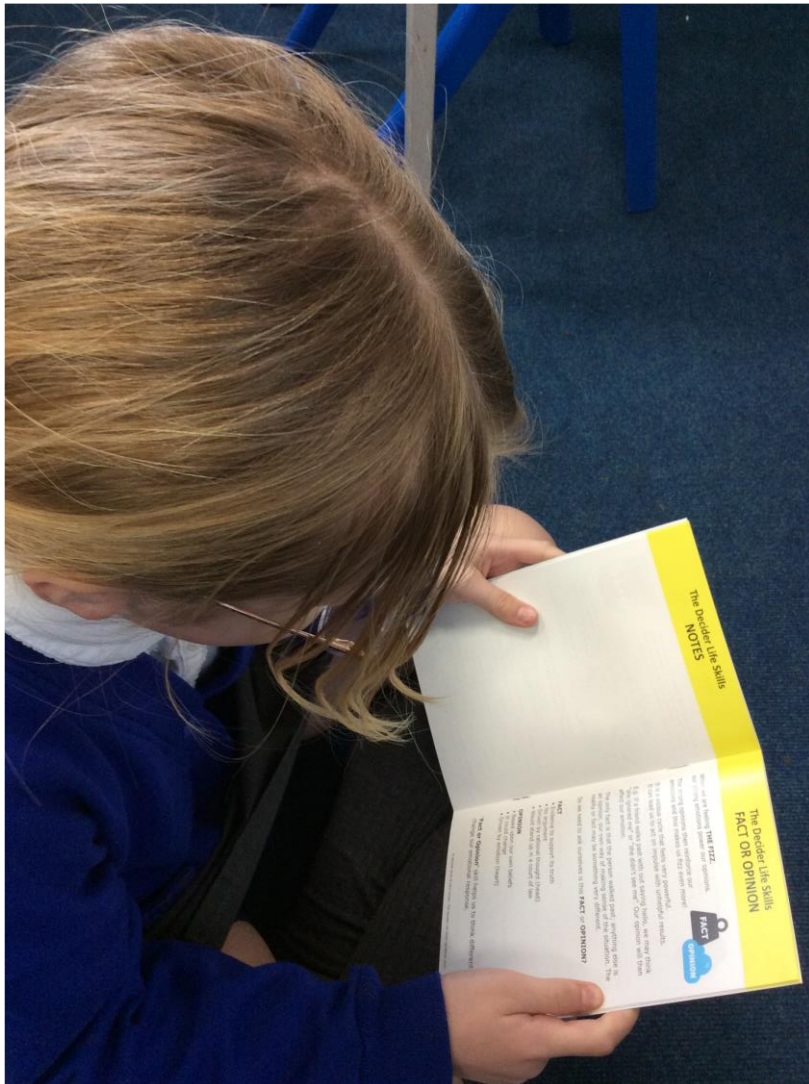
We continued learning our Decider Skills. This week we looked at fact or opinion as sometimes when we are experiencing strong emotions these can become muddled. We also talked about the importance of self care. We also thought about values as as well as having external values such as our school ones, we also have an internal value compass. Finally we learnt the Listen skill.



I found fact or opinion quite nice because it defines a problem in certain which way which helps you to figure what to do.



For our final lesson with Trudi we looked at the last three decider skills: reflect, crystal clear and respect. We were given a booklet to take home with all of them in and we also have posters up around to school to remind us of them.



I think the crystal clear was good to learn as sometimes you don't get through to people properly and they may take things personally. It's a good one for communication.