



P4C COPING

Including Mental Health, Drug and Alcohol Addiction and E-Safety.

Recommended Questions



LAUGHOLLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME



FOR FOUNDATION STAGE:

- › How do you know if you are making good choices?
- › Who can help us in an emergency?
- › Is everything that looks like a sweet, going to be a sweet?
- › Is it ever okay to share personal information online?

FOR YEARS 1 AND 2:

- › Can you be happy all the time?
- › What do you do to feel better when you are feeling sad?
- › 'Energy drinks' sound like they're good for you. Are they?
- › Who can help us in an emergency?
- › Is it ever okay to share personal information online?



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FOR YEARS 3 AND 4:

- › Would you rather be an unhappy human or a happy hamster?
- › Can good choices ever feel rubbish and, if so, is that okay?
- › Can bad choices ever feel great and, if so, is that okay?
- › What would you do in an emergency?
- › Is it ever okay to share personal information online?

FOR YEARS 5 AND 6:

- › If there was a magic potion that made you feel happy most of the time, but made you feel really ill/miserable as it wore off, would you take it?
- › How would you overcome any barriers to being emotionally and mentally healthy?
- › What are your thoughts on drinking alcohol/ smoking/ taking drugs? Do you know anything about the laws related to these?
- › Is it ever okay to share personal information online?