

Autumn 1

Start Self-Regulation: my feelings

Lesson 1: Identifying my feelings- To identify different feelings and emotions.

Learning how to identify feelings and associating feelings with different colours.

Lesson 2: Feelings jars- To identify and express my feelings

Using their understanding of feelings children create feeling jars and use them to identify and express their feelings.

Lesson 3: Coping strategies- To explore different coping strategies to help regulate our emotions, identify our own feelings and to learn to consider the reasons behind our emotions.

Exploring coping strategies to help regulate emotions and identifying how characters within a story may be feeling.

Lesson 4: Describing feelings- To explore the different adjectives that can be used to describe feelings.

Learning the appropriate vocabulary to describe different emotions.

Lesson 5: Facial expressions- To explore different facial expressions and what they mean.

Exploring different facial expressions and identifying the different feelings they can represent.

Lesson 6: Creating a calm corner- To identify different feelings and how to moderate behaviour socially and emotionally.

Learning to identify different feelings based on corresponding facial expressions and exploring ways to moderate behaviour, socially and emotionally.

Start Building relationships: Special relationships

Lesson 1: My family- To talk about our families and to understand that all families are valuable and special.

Discussing families, why we love ours and understanding that all families are valuable and special.

Autumn 2

Finish Building relationships: Special relationships

Lesson 2: Special people- To talk about people that hold a special place in children's lives and to think about what it means to be a valued person.

Identifying people who are special to us through discussion and drawing and thinking about what it means to be a valued person.

Lesson 3: Sharing- To understand why it is important to share and cooperate with others and to develop strategies to help when trying to share with others.

Learning the importance of sharing with others and strategies for doing so, through role play activities and discussion.

Lesson 4: I am unique- To see themselves as a valuable individual and to understand that it is ok to like different things.

Learning to see themselves as valuable individuals and understanding that it is a positive thing to enjoy and like different things to others.

Lesson 5: My interests- To see themselves as valuable individuals and to share their interests with the group.

Exploring how they see themselves as individuals through discussion, drawing and sharing their interests in pairs, as a group, and as a class.

Lesson 6: Similarities and differences- To explore diversity through thinking about similarities and differences.

Exploring diversity through activities and discussion about similarities and differences and understanding that we are all unique.

Start Managing self: Taking on challenges

Lesson 1: Why do we have rules? - To understand why we have rules.

Learning to understand why rules are important, why we have them through activities and games, which allows children to implement and follow rules.

Lesson 2: Building towers- To understand the importance of persistence in the face of challenges and to develop confidence in their own ability to solve problems.

Learning to understand the importance of persistence in the face of challenge through teamwork activities, developing confidence in their own ability to solve problems.

Spring 1

Finish Managing self: Taking on challenges

Lesson 3: Team den building- To work together as a group to overcome challenges and to communicate effectively with others.

Learning to work together as a team to overcome challenges and communicating effectively with others to build a den.

Lesson 4: Grounding- To learn and practise 'grounding' coping strategies.

Learning 'grounding' coping strategies and how to use them in different situations.

Lesson 5: Team races- To understand the importance of perseverance in the face of challenge.

Exploring the importance of perseverance in the face of challenge through team races.

Lesson 6: Circus skills- To learn new skills, showing resilience and perseverance in the face of challenge.

Through resilience and perseverance, children discover how to face and complete challenges when learning circus skills.

Start Self-regulation: Listening and following instructions

Lesson 1: Simon says- To understand why it is important to listen carefully.

Learning the importance of listening carefully by playing recall games.

Lesson 2: Listening to a story- To listen attentively to a story and to talk about and retell parts of a story they have deep familiarity with.

Listening attentively to a story; answering questions and retelling parts of a story.

Spring 2

Finish Self-regulation: Listening and following instructions

Lesson 3: Pass the whisper- To understand why it is important to listen carefully and to understand why it is important to tell the truth and think about the feelings of others.

Understanding the importance of listening carefully, telling the truth and thinking of others' feelings.

Lesson 4: Obstacle race- To follow instructions involving several ideas or actions and to persevere when things are difficult.

Following instructions or actions and persevering when things get difficult.

Lesson 5: Blindfold walk- To follow instructions involving several ideas or actions and to give simple instructions.

Learning to follow instructions involving several ideas or actions and giving simple instructions.

Lesson 6: Treasure hunt- To listen and respond to phrases and instructions that involve several ideas or actions.

Learning to listen and respond to phrases and instructions.

Start Building relationships: My family and friends

Lesson 1: Festivals- To understand that we all have different beliefs and celebrate special times in different ways and to think about the perspectives of others in the class.

Thinking about the perspectives of others in the class and learning about how different beliefs celebrate special times.

Summer 1

Finish Building relationships: My family and friends

Lesson 2: Sharing- To understand why sharing is important and to think about the perspectives of others in the class.

Understanding why sharing is important.

Lesson 3: What makes a good friend? - To understand the characteristics that make a good friend and to think about why it might be difficult for others to be a good friend all of the time.

Understanding the characteristics that make a good friend.

Lesson 4: Being a good friend- To consider why it is important to support each other by being kind.

Learning the importance of supporting others by being kind.

Lesson 5: Teamwork- To learn how to help, listen to and support others when working in a team.

Understanding the importance of perseverance in the face of challenge.

Lesson 6: Celebrating friendships- To plan a party to celebrate the special friendships within the class.

Planning a party to celebrate the special friendships within the class.

Start Managing self: My wellbeing

Lesson 1: What is exercise? – To learn about the importance of exercise and to explore how exercise affects different parts of the body.

Learning about the importance of exercise and exploring how exercise affects different parts of the body.

Summer 2

Finish Managing self: My wellbeing

Lesson 2: Yoga and relaxation- To learn how yoga can help our bodies to stretch, relax and stay healthy and to explore guided meditation and relaxation.

Exploring yoga, guided meditation and relaxation.

Lesson 3: Looking after ourselves- To understand why it is important to be able to take care of ourselves by completing independent tasks related to health, well-being and hygiene. To know and discuss the factors that support their overall health and well-being.

Understanding why it is important to be able to take care of oneself.

Lesson 4: Being a safe pedestrian- To understand what it means to be a safe pedestrian

Exploring what it means to be a safe pedestrian.

Lesson 5: Eating healthily- To understand what it means to eat healthily.

Exploring what it means to eat healthily.

Lesson 6: A rainbow of food- To understand the importance of healthy food choices and to explore what it means to have a balanced diet.

Understanding the importance of healthy food choices and what a balanced diet is.

Key Vocab

Self-Regulation: my feelings		Building relationships: Special relationships		Managing self: Taking on challenges	
• feelings	• cross	• Family	• Grandpa	• rules	• challenge
• emotions	• cheerful	• Love	• Grandma	• reason	• difficulty
• happy	• upset	• Valuable	• Uncle	• right	• worried
• sad	• relaxed	• Special	• Auntie	• wrong	• anxious
• angry	• loving	• Unique	• Share/sharing	• safe	• panicked
• calm	• furious	• Different	• Friend	• confident	• frustrated
• scared	• expression	• Mummy	• Take turns	• comfortable	• upset

• loved • worried • shy • nervous • miserable	• facial expression • proud • tired surprised • regulation • dysregulation	• Daddy • Sister • Brother • interests • hobby • passion • like • diversity	• Timer • dislike • enjoy • different • similar • unique • special • individual	• fair • equal • enjoyable • calm • orderly • challenge • difficulty • persistence • perseverance • trial and error • persist	• coping • strategy • grounding • technique • calm • relaxed • happy • try • mistake • stronger • persevere
Self-regulation: Listening and following instructions		Building relationships: My family and friends		Managing self: My wellbeing	
• listen/listening • understanding • friends • truth • feelings • honest • obstacle course • challenge • persevere • persist • team	• blindfold • obstacle • listen • explain • instructions • odd • different • listen • clue • hunt	• festival • special event • religion • culture • beliefs • tradition • share/sharing • friend • take turns • friendly • kind • polite • share • kind • feelings • emotions • compliment	• support • loved • appreciated • teamwork • teammate • collaborate • work together • listen • encourage • classmates • celebrate/celebration • friendship • relationship • party • classroom	• exercise • movement • healthy/health • heart rate • breathing/breathe • heart • lungs • brain • bones • muscles • yoga • pose • relax • meditate • independent • care • well-being • routine	• walk • hazard • safe • careful • listen • alert • crossing • sensible • pedestrian • balanced • diet • vitamins • nutrients • bones • energy • superfood