<u>Well-being Curriculum Info for Parents:</u>

This is an outline plan that is quite fluid, with topics sometimes running through into the next term. Also, as issues arise, we may add extra topics in for either the whole school, a year group, a class or even a small group of children.

<u>All Year Groups</u>

Term 1 – Neurodiversity/ADHD.

Term 2 – Conflict resolution/solving problems on the playground. Anti-bullying

Term 3 – Children's mental health week

Term 4 – Empathy week. Anger/Hurting yourself

Term 5 – Anti-Racism

Term 6 – Consent

<u>Year 3</u>

Term 1 – Introduction to Mental health. The concept of small feelings and big feelings
Term 2 – Self-awareness. Difference
Term 3 – Family. Friendship
Term 4 – An introduction to Mind Management (The Chimp Paradox)
Term 5 - Worry and Stress. Coping techniques. Feeling calm
Term 6 – Happiness

<u>Year 4</u>

Term 1 – Verbal communication/effective conversations
Term 2 – Non-verbal communication/body language
Term 3 – Friendship. Feeling loyal
Term 4 – Friendship. Feeling possessive
Term 5 - Other complex emotions e.g., deceit, loneliness, rejection. Body image
Term 6 – Happiness. Mind management (The Chimp Paradox)

<u>Year 5</u>

Term 1 - Cognitive Behaviour intro.
Term 2 – Types of thinking errors and fixing them.
Term 3 - Managing thoughts and feelings. Sleep hygiene.
Term 4 - Managing behaviour and problem solving. Peer pressure.
Term 5 - Complex emotions such as guilt.
Term 6 - Mind management. Happiness.

<u>Year 6</u>

Term 1 – Happiness and a Positive Mindset
Term 2 – Parts of the brain and Anxiety. Difference in families - fostering and adoption

Term 3 – Mind Management (The Chimp Paradox)
Term 4 – Mind Management (The Chimp Paradox)
Term 5 - Motivation and Resilience
Term 6 – Transition. Workshops on body image, peer pressure and LGBTQ+

We hope that sharing this has been useful and that being aware of what is being covered enables you to have helpful and supportive discussions at home. Any feedback would be most welcome, please do let us know if you think there is a topic that should be introduced.