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| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **KS2** | **Health & Wellbeing** | | **Relationships** | | **Living in the Wider World** | |
| **1. Emotional Literacy**  **2. Mental & Emotional Wellbeing**  **3. PSHE Curriculum**  **4. Skills**  **5. Current Affairs/ Target Setting** | 1.Dealing with Feelings | 1.Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings |
| 2. Being me (and Loving it) | 2. Being me (and Loving it) | 2. Growth Mindset  Lessons & stories-My Fantastic Elastic Brain; The Dot; Ish; The Most Magnificient Thing; Oops | 2.Big book of blobs | 2.Mindfulness Paws.B | 2.Mindfulness Paws.B |
| 3. Health & Wellbeing-Stepping Stones | 3. Health & Wellbeing  Stepping Stones | 3.Relationships  Stepping Stones | 3. Relationships  Stepping Stones | 3. Living in the wider world  Stepping Stones | 3. Living in the wider world  Stepping Stones |
| 4. Social skills | 4. Listening skills EYFS | 4. Friendship Skills  - The Friendship Formula | 4. Friendship skills  - The Friendship Formula | 4. Working Memory Skills | 4. Anger Management skills |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Nurture year 7** | **Health & Wellbeing** | | **Relationships** | | **Living in the Wider World** | |
| **1. Emotional Literacy**  **2. Mental & Emotional Wellbeing**  **3. Core Curriculum**  **4. Skills**  **5. Current Affairs / Target Setting** | 1.Dealing with Feelings | 1.Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings |
| 2. Becoming a STAR Detective | 2. Becoming a STAR Detective | 2. Growth Mindset Lessons ages 7-10  Big Life Journals- kids | 2. Big Life Journals- kids continued  CBT Toolbox | 2. Mindfulness Paws B | 2.Mindfulness Paws B |
| 3. Health & Wellbeing  Growing & Changing, I-matter SEN  Key Steps: Health | 3. Health & Wellbeing  Growing & Changing, I-matter SEN  Key Steps: Health | 3. Relationships  Disrespect Nobody, Free DVD (LGBT), Writing books for a younger audience  Key Steps: Values | 3. Relationships  Disrespect Nobody, Free DVD (LGBT), Writing books for a younger audience  Key Steps: Values | 3. Living in the wider world  Key Steps: Enterprise/Personal Finance & Citizenship | 3. Living in the wider world  Key Steps: Enterprise/Personal Finance & Citizenship |
| 4. The New Social story book | 4. Memory skills | 4. Listening skills | 4. Social Skills | 4. Memory skills | 4. Listening skills |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Nurture 8** | **Health & Wellbeing** | | **Relationships** | | **Living in the Wider World** | |
| **1. Emotional Literacy**  **2. Mental & Emotional Wellbeing**  **3. PSHE Curriculum**  **4. Skills**  **5. Current Affairs/ Target Setting** | 1.Dealing with Feelings | 1.Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings |
| 2. Healthy Mindsets for Super Kids- Ages 7-14 | 2. Healthy Mindsets for Super Kids- Ages 7-14 | 2. Growth Mindset teen lessons  Big Life Journals- tweens and teens | 2. Big Life Journals- tweens and teens cont…  CBT Toolbox | 2. Keep Calm, Read on | 2. Keep Calm, Read on |
| 3. **Health & Wellbeing**  Snapshot resource & I-matter SEN | 3.**Health & Wellbeing**  Snapshot resource & I-matter SEN | **3. Relationships**  Real Love Rocks  FIT – LGBT Resource & I-matter SEN | **3. Relationships**  Real Love Rocks  FIT – LGBT Resource & I-matter SEN | **3. Living in the wider world**  Mental Health & Resilience  NCS | **3. Living in the wider world**  Mental Health & Resilience  NCS |
| 4. Listening skills | 4. Working memory Skills | 4. Social Skills | 4. Listening skills | 4. Working Memory Skills | 4. Social Skills |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Nurture 9**  **1. Emotional Literacy**  **2. Emotional Wellbeing**  **3 PSHE Curriculum**  **4 PSHE Curriculum/ skills**  **5. Current Affairs/ Target Setting** | 1.Dealing with Feelings | 1.Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings |
| 2.Building Happiness, Resilience and Motivation in Adolescents | 2.Building Happiness, Resilience and Motivation in Adolescents | 2. Growth Mindset teen lessons  Big Life Journals- tweens and teens | 2.Big Life Journals- tweens and teens cont…  Cartooning Teen Stories | 2.Mindfulness  (.b course) | 2. Mindfulness  (.b course) |
| 3. Overview of course: PSHE Topics, File expectation & CV  **Keeping Healthy**  A-Z of Drugs and alcohol. Drugs and the Law. Social, Emotional & health impacts.  **I Matter –** | **3.Wellbeing:**  St John Ambulance First Aid Course.  Mental Health & Emotional Wellbeing  **I Matter –** Online Pressures | **3. Intimate Relationships**  Healthy Relationships, Puberty, Contraception, STI’s, Sex and the Law.  **I Matter –** Relationships | **3. Economic Wellbeing**  Minimum Wage, salary & deductions, careers research.  Poverty – Just giving Unit.  **I Matter** Current Issues | **3. Completion of Portfolio**  Missing challenges to be completed, files annotated, pages numbered, Summary of Achievement and Skills sheets finalised. | **3.Careers, transition & future goals** |
| 4. Listening skills | 4. Working Memory skills | 4. Social Skills | 4. Listening skills | 4. Working Memory skills | 4. Social Skills |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
|  | **Health & Wellbeing** | | **Relationships** | | **Living in the Wider World** | |
| **Year 7**  **1. Emotional Literacy**  **2. Emotional Wellbeing**  **3. PSHE Curriculum**  **4. PSHE Curriculum/ Skills**  **5. Current Affairs/ Target Setting** | 1.Dealing with Feelings | 1.Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings |
| 2. Becoming a STAR Detective | 2. Becoming a STAR Detective | Growth Mindset Lessons: Every Child a Learner | 2. Mental Health | 2. The Primary Learner’s Emotional Intelligence Toolkit | 2. The Primary Learner’s Emotional Intelligence Toolkit |
| 3. Health & Wellbeing  Growing & Changing, I-matter SEN  Key Steps: Health | 3.Health & Wellbeing  Growing & Changing, I-matter SEN  Key Steps: Health | . Relationships  Disrespect Nobody, Free DVD (LGBT), Writing books for a younger audience  Key Steps: Values | . Relationships  Disrespect Nobody, Free DVD (LGBT), Writing books for a younger audience  Key Steps: Values | 3. Living in the wider world  Key Steps: Enterprise/Personal Finance & Citizenship | 3. Living in the wider world  Key Steps: Enterprise/Personal Finance & Citizenship |
| 4. Social Skills | 4. Memory skills | 4. Listening skills KS1 | 4. Social Skills | 4. Memory skills | 4. Listening skills |
| **Year 8/9**  **1. Emotional Literacy**  **2. Emotional Wellbeing**  **3. PSHE Curriculum**  **4. PSHE Curriculum**  **5. Current Affairs/ Target Setting** | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings | 1. Dealing with Feelings |
| 2. Building Happiness, Resilience and Motivation in Adolescents | 2. Building Happiness, Resilience and Motivation in Adolescents | 2.Growth Mindset Lessons: Every Child a Learner | 2. Mental Health | 2.Banish Your self-esteem thief | 2. Anxiety management |
| 3. Overview of course: PSHE Topics, File expectation & CV  Keeping Healthy  A-Z of Drugs and alcohol. Drugs and the Law. Social, Emotional & health impacts. | 3.Wellbeing:  St John Ambulance First Aid Course.  Mental Health & Emotional Wellbeing  **I Matter –** Online Pressures2. Wellbeing: | 3.Intimate Relationships  Healthy Relationships, Puberty, Contraception, STI’s, Sex and the Law.  **I Matter –** Relationships & Sexual Health | 3.Economic Well-being:  Minimum Wage, salary & deductions, careers research.  Poverty – Just giving Unit.  **I Matter** Current Issues | 3. Completion of Portfolio  Missing challenges to be completed, files annotated, pages numbered, Summary of Achievement and Skills sheets finalised. | 3. Completion of Portfolio  Missing challenges to be completed, files annotated, pages numbered, Summary of Achievement and Skills sheets finalised. |
|  |  |  |  |  |  | 4.Live out Loud Transition Journals |
| Current affairs  (This list is not extensive – there may be more to add)  [www.awarenessdays.co.uk](http://www.awarenessdays.co.uk) | International Day of Peace- 21st Sept  October-Black History Month/ ADHD awareness month  World Animal Day- 4th Oct  World Space week – 4th-10th Oct  10th Oct- World Mental Health Awareness day  17th - 23rd Oct – Energy Saving Week  27th Oct- Diwali  31st October- Halloween | National Stress-awareness day- 6th Nov  5th Nov- Bon Fire night  11th Nov-Armistice day  16th Nov- International day for Tolerance  18th Nov-Children in need  18th – 24th Nov Road Safety week  30th Nov- St. Andrew’s day  1st Dec- World Aids Day  Christmas | New Year  Energy Saving Week- 20th Jan  Chinese New Year-25th Jan  February- LBGT History Month  3rd Feb- Children’s Mental Health Day  14th Feb- Valentines Day  17th Feb - Random Acts of Kindness day  25th Feb- 3rd March- Eating Disorders Awareness week | St Davids Day – 1st March  International Woman’s Day- 8th March  World Sleep Day- 15th March  St Patricks Day- 17th March  Mothering Sunday- 22nd March  April- Stress Awareness Month  Autism Awareness Day- 2nd April  World Health Day- 7th April  Easter 12th April | Holocaust Memorial Day- 20th April  Mental Health Awareness Week- 18th May – 22nd May | World Environment Day – 5th June  Children’s Day- 20th June  Fathers Day- 21st June  Summer Solace- 21st June  Eid- 31st July |