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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 & WellbeingStepping Stones | 3.RelationshipsStepping Stones | 3. RelationshipsStepping Stones | 3. Living in the wider worldStepping Stones | 3. Living in the wider worldStepping 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 7-10Big Life Journals- kids | 2. Big Life Journals- kids continuedCBT Toolbox | 2. Mindfulness Paws B | 2.Mindfulness Paws B |
| 3. Health & WellbeingGrowing & Changing, I-matter SENKey Steps: Health | 3. Health & WellbeingGrowing & Changing, I-matter SENKey Steps: Health | 3. RelationshipsDisrespect Nobody, Free DVD (LGBT), Writing books for a younger audienceKey Steps: Values | 3. RelationshipsDisrespect Nobody, Free DVD (LGBT), Writing books for a younger audienceKey Steps: Values | 3. Living in the wider worldKey Steps: Enterprise/Personal Finance & Citizenship | 3. Living in the wider worldKey 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 lessonsBig 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 RocksFIT – LGBT Resource & I-matter SEN  | **3. Relationships**Real Love RocksFIT – LGBT Resource & I-matter SEN | **3. Living in the wider world**Mental Health & ResilienceNCS | **3. Living in the wider world**Mental Health & ResilienceNCS |
| 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 lessonsBig 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 & WellbeingGrowing & Changing, I-matter SENKey Steps: Health | 3.Health & WellbeingGrowing & Changing, I-matter SENKey Steps: Health | . RelationshipsDisrespect Nobody, Free DVD (LGBT), Writing books for a younger audienceKey Steps: Values | . RelationshipsDisrespect Nobody, Free DVD (LGBT), Writing books for a younger audienceKey Steps: Values | 3. Living in the wider worldKey Steps: Enterprise/Personal Finance & Citizenship | 3. Living in the wider worldKey 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 & CVKeeping HealthyA-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 RelationshipsHealthy 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 PortfolioMissing challenges to be completed, files annotated, pages numbered, Summary of Achievement and Skills sheets finalised. | 3. Completion of PortfolioMissing 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 SeptOctober-Black History Month/ ADHD awareness monthWorld Animal Day- 4th OctWorld Space week – 4th-10th Oct10th Oct- World Mental Health Awareness day17th - 23rd Oct – Energy Saving Week27th Oct- Diwali31st October- Halloween | National Stress-awareness day- 6th Nov5th Nov- Bon Fire night 11th Nov-Armistice day16th Nov- International day for Tolerance18th Nov-Children in need18th – 24th Nov Road Safety week30th Nov- St. Andrew’s day1st Dec- World Aids Day Christmas | New YearEnergy Saving Week- 20th JanChinese New Year-25th JanFebruary- LBGT History Month3rd Feb- Children’s Mental Health Day14th Feb- Valentines Day17th Feb - Random Acts of Kindness day25th Feb- 3rd March- Eating Disorders Awareness week | St Davids Day – 1st MarchInternational Woman’s Day- 8th March World Sleep Day- 15th MarchSt Patricks Day- 17th MarchMothering Sunday- 22nd March April- Stress Awareness MonthAutism Awareness Day- 2nd AprilWorld Health Day- 7th AprilEaster 12th April | Holocaust Memorial Day- 20th AprilMental Health Awareness Week- 18th May – 22nd May | World Environment Day – 5th JuneChildren’s Day- 20th JuneFathers Day- 21st JuneSummer Solace- 21st JuneEid- 31st July |