

Cycle A and B

	<u>Autumn 1</u> My feelings	<u>Autumn 2</u> Special relationships	<u>Spring 1</u> Self-regulation: listening and following instructions	<u>Spring 2</u> Self-regulation: talking on challenges	<u>Summer 1</u> My family and friends	<u>Summer 2</u> My wellbeing
<u>1</u>	Whole school healthy me day WC 09/09/24	I am learning to explain who is in my family	I am learning to identify our school's core values.	I am learning to explain why we have rules at school and at home.	I am learning to understand why sharing is important	I am learning to explain which situations can be carried out in private
<u>2</u>	I am learning to identify comfortable feelings. e.g, happy, excited, surprised, love.	Whole school healthy me day WC 11/11/24	I am learning to understand our class rules	Whole school healthy me day WC 03/03/25	Whole school healthy me day WC 09/06/25	I am learning to discuss what I should do if I feel uncomfortable in a certain situation
<u>3</u>	I am learning to identify uncomfortable feelings e.g, sad, worried, scared, embarrassed.	I am learning to explain who my special people are. (friendships and close family)	I am learning to follow instructions <i>Play Simon says as a class</i>	I am learning to identify right and wrong behaviours within school.	I am learning to understand what makes a good friend	I am learning about the importance of exercise
<u>4</u>	I am learning to describe my own feelings	I am learning to explain what is special about me	I am learning to listen to each other <i>Play pass the whisper as a class</i>	I am learning to use grounding coping skills in tricky situations	I am learning to support others by being kind	I am learning how to be a safe pedestrian
<u>5</u>	I am learning to understand ways in which I can manage my own feelings	I am learning to discuss things I like and things I dislike	I am learning to follow instructions <i>Create an obstacle course</i>	I am learning to listen to other people's ideas and opinions. <i>Complete team activities</i>	I am learning to identify who I can ask for help.	I am learning what it means to eat healthily
<u>6</u>	I am learning to understand different facial expressions	I am learning to explain the similarities and differences of people	Whole school healthy me day WC 10/02/25	I am learning to listen to other people's ideas and opinions. <i>Complete team activities</i>	I am learning to identify which people look after our community.	Whole school healthy me day WC 14/07/25

