

| Term 1   |  | Term 2   |  | Term 3   |  |
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| Autumn 1 Learning Cycle 1  | Autumn 2 Learning Cycle 2  | Spring 1 Learning Cycle 3  | Spring 2 Learning Cycle 4  | Summer 1 Learning Cycle 5  | Summer 2 Learning Cycle 6  |
| <p><b>Increasing self-confidence and resilience</b></p> <p><b>Objectives</b></p> <p>To increase self-confidence and resilience.</p> <p>To increase the use of positive thinking and how this can minimise stress and anxiety.</p> <p>To recognise how we should learn from mistakes and failures</p> <p>To increase cooperation and empathy with others.</p> <p>To enable young people to set realistic goals that</p> | <p><b>Emotional Regulation</b></p> <p><b>Objectives</b></p> <p>Pupils should be aware that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations</p> <p>How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their</p> | <p><b>Friendship skills</b></p> <p><b>KS3 Objectives</b></p> <p>To reflect on the importance of building and maintaining positive relationships.</p> <p>To explore emotions, relationships and identity.</p> <p>To explore privacy and boundaries, friendships, different kinds of love.</p> | <p><b>Stress and Anxiety</b></p> <p><b>Objectives</b></p> <p>Breathing techniques<br/>Pupils will learn different breathing techniques and understand what happens when their amygdala triggers the fight, flight or freeze response.</p> <p>Pupils will learn how to relax their bodies and minds</p> <p>Pupils will look at their energy levels. What drains them and what increases them.</p> <p>Pupils will understand how their stress bucket</p> | <p><b>Anger Objectives</b></p> <p>Pupils will learn the different types of relationships that they have and explore what expectations and behaviours might be appropriate to each.</p> <p>Pupils will learn about common friendship problems and explore solutions.</p> <p>Pupils will learn about seeing things from other people's perspective.</p> <p><b>Basic skill</b></p> <p>Developing thinking</p> | <p><b>Change and transitions</b></p> <p><b>Objectives</b></p> <p><u>Understanding my feelings</u><br/>Pupils will be aware of common responses to difficult changes, and that they are sometimes similar to our responses when experiencing loss.</p> <p>I understand how it might feel when a change takes you away from familiar people and places.</p> <p><u>Understanding the feelings of others</u></p> |

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| <p>they can and do achieve.</p> <p><b>Basic skill</b></p> <p>Developing thinking</p> <p>Developing communication</p> <p>Developing working together</p> <p>Developing self-awareness</p> | <p>own and others' feelings</p> <p>How to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p> <p>Pupils will revisit emotional regulation techniques that they have learnt on learning cycle one.</p> <p>Pupils will learn about the sensations they have in their body and link them to their emotions and behaviours.</p> <p>Pupils will develop an understanding of what may present in certain situations.</p> | <p><b>KS4 Objectives</b></p> <p>The importance of building and maintaining positive relationships.</p> <p>To explore emotions, relationships and identity.</p> <p>Recognising and responding to behaviour relating to: online safety, grooming sexting.</p> <p><b>Basic skill</b></p> <p>Developing thinking</p> | <p>can get filled to the top and how to let the stress out. Pupils will learn how to use positive self-talk to help them have a more positive outlook.</p> <p>Pupils will look at asking for help if they're struggling.</p> <p>Pupils will look at how their happy brain chemicals are released through exercise and how to incorporate some exercise into every day.</p> | <p>Developing communication</p> <p>Developing working together</p> <p>Developing self-awareness</p> | <p>Pupils will aim to understand why people might behave the way they do when they are facing a difficult change.</p> <p>Pupils will understand that people respond differently to changes and challenges.</p> <p><u>Managing my feelings</u></p> <p>Pupils will have some strategies for managing the feelings that I might experience when change happens</p> <p>Pupils will understand that sometimes there can be positive outcomes from changes that we</p> |
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|  | <p>Pupils will have a range of strategies to support them with strong emotions.</p> <p><b>Basic skill</b><br/>Developing thinking</p> <p>Developing communication</p> <p>Developing working together</p> <p>Developing self-awareness</p> | <p>Developing communication</p> <p>Developing working together</p> <p>Developing self-awareness</p> |  |  | <p>didn't welcome initially</p> <p><b>Basic skill</b><br/>Developing thinking</p> <p>Developing communication</p> <p>Developing working together</p> <p>Developing self-awareness</p> |
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