

Myself			
	My Emotions	My Rights	My Learning
EYFS	Can I say how I feel? Do I know my likes and dislikes? Can I identify my emotions? Do I know that my emotions are a part of me? Can I manage my emotions? Do I know what I am good at? What happens if I lose a toy? How can I deal with not finding a toy? Can I tolerate a delay in meeting my needs? I can talk about how others and I show feelings. I can talk about my own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. I can work as part of a group or class, understand and follow the rules. I can adjust my behaviour to different situations, and take changes of routine in my stride.	What makes me feel safe? Where do I feel safe? Whom do I ask for help if I don't feel safe? Who makes me feel loved? How do my carers show me love? How should we treat each other?	Can I follow instructions? Can I play with my friend? What is good behaviour? How do I show good listening? What is my best piece of work? Can I wait for a better reward? – Metacognitive knowledge to succeed in delay of gratification Can I complete some task independently? Can I concentrate for 5 minutes unsupervised? I am confident to try new activities, and say why I like some activities more than others. I am confident to speak in a familiar group, will talk about my ideas, and will choose the resources I need for my chosen activities. I can say when I do or don't need help. I can follow instructions involving several ideas or actions. I can answer 'how' and 'why' questions about my experiences and in response to stories or events.
Year 1	Can I explain how I feel using words and pictures? Can I explain how others feel using words and pictures? How can I make myself feel calm? What are my fears? How can I overcome my fears? Can I describe my likes or dislikes? What are my strengths?	What are my basic rights as a child? Food, shelter, love, education, safety Which people make sure I am looked after? Whom can I speak to if I am not looked after? Who are my school leaders? Why do we have leaders? How can I voice my idea? Why do we have rules? Which rules are important at school?	What helps me learn? How can I share my ideas with the teacher? What should I do if my work is tricky? When should I ask for help? What work am I proud of? What happens if I get work wrong? Can I concentrate for longer than 5 minutes unsupervised?

Emotional Health

	<p>What emotions do I feel when I am kind or unkind? How do I feel when someone is kind or unkind to me?</p>		
Year 2	<p>How do my emotions make me feel? Which part of my body can I feel the emotion? Can I recognise how others might be feeling? Do I know how to keep calm? Can I explain why I like and dislike something? Can I name and describe my strengths? Why do I sometimes feel sad or angry? Is it ok to feel sad or angry? How can I make myself feel happier? How do my emotions change after physical activity? How do my relationships make me feel?</p>	<p>How should I be treated by others, including adults? How should I treat others? Whom can I talk to if I think I'm not being treated fairly? Why is it important to give my opinion? Why do we vote? Can we always vote to make decisions? Why do we vote for house captains and school councillors? How can school councillors and house captains help me? How do rules keep us safe? What happens if we break rules?</p>	<p>What is good learning? How can I help a partner? How can I share my ideas with a friend? What stops me from learning? What can I do if I find my learning tricky? What is problem solving? How can I work with a partner? What is a mistake? Is it ok to make a mistake?</p>
Year 3	<p>What activities make me feel good about myself? How is food connected to my emotions? Am I comfortable with feeling different emotions? How do my emotions change throughout the day? What are the causes of my emotions? Can I recognise when I need to use strategies to manage my emotions? What are strong emotions?</p>	<p>Who does my body belong to? What are my rights within my accommodation? Whom can I talk to if I am concerned about my accommodation? What is a citizen? Are all citizens entitled to the same rights in the UK? How should we vote fairly for house captains and school councillors? What is their role?</p>	<p>What are powerful learning words? What is helpful/ unhelpful talk? How can I share my learning with a group? What helps me to concentrate? What helps you learn at your best? Do we learn more by getting things wrong or right? What stops you from making progress? How does learning make you feel? How can I work effectively in a team? What happens when I make a mistake?</p>

Emotional Health

	<p>How do strong emotions affect my behaviour? In what situations do I get strong emotions? How are my emotions linked to my relationships? Where can I feel my emotions when someone is kind or unkind to me?</p>	<p>Who makes rules? Why do we follow rules in school? Why do rules have consequences? Should my carers follow rules?</p>	<p>How does solving a problem make you feel? What does successful learning look like? What should I do if my learning is too easy?</p>
Year 4	<p>Can I understand more complex emotions in myself and in my body? Can I differentiate between emotions that feel positive or difficult? What is mental wellbeing? How is my mental wellbeing linked to my emotions? Can I recognise strengths in others? What are my goals for the future? How can I work on areas I am less confident in? What does pressure mean? What makes me feel stressed? How do stressful situations make me feel? How are my emotions linked to my learning? How can physical activity help me to manage stress?</p>	<p>Who should meet my basic rights? Is it ok for an adult in school to treat me differently? How are basic rights the same across the world? Who leads the country? How does the country decide who leads? What happens at parliament?</p>	<p>How do positive thoughts affect your brain? Who is responsible for your learning? What things do you share responsibility for with others? How does your health impact your learning? How can I refocus if I am feeling fatigued? What will make me an independent learner? How do I ensure everyone gets a role within team work? Why is problem solving important? What tools can I use to solve a problem? How can I improve my learning? What is the difference between learning that is a bit tricky and too difficult? What questions should I ask whilst learning? How will reflecting on my learning help me to have success in the future?</p>
Year 5	<p>How does stress impact me and others? How has the emotional experience made me feel? What is happening inside my body when I</p>	<p>Is being heard my right? Are all countries able to meet the basic rights of their citizens? What is violence?</p>	<p>What is my comfort zone, challenge zone and danger zone within learning? What is metacognition? How can an awareness of my cognition improve</p>

Emotional Health

	<p>experience different emotions? How is my mental wellbeing linked to my learning? What are my strengths and positive characteristics? Will I always be the best at everything? What is mental health? How does mental health impact my learning? How does my hygiene impact my emotional health? What are my differing abilities?</p>	<p>What do I if I witness violence? How does the law keep us safe? What are the consequences of breaking the law? Is the law different for adults and children? How are decisions made by parliament? What is a stereotype? How can stereotypes be unfair, destructive or negative? Who does my body belong to?</p>	<p>my learning? How does problem solving improve my learning? How do I feel within the different zones? What does success feel like? How does teamwork impact upon my learning? What motivates my learning? How can I take an active role in group work? What are my learning tools? Why is effort important?</p>
Year 6	<p>What is mental ill health? What can I do to improve my mental health? Who can I speak to if I am concerned about my mental health? What is anxiety? What causes anxiety? Is anxiety 'normal'? How can I overcome my anxieties? What are self-regulation tools? Why are self-regulation tools important? Can I use my self-regulations tools? How can mental health conditions affect me? How can mental health conditions affect others? How can we support others with mental health conditions? How are my physical and mental health connected?</p>	<p>What are my rights as a child? Can I always trust people in positions of authority? Whom can I ask for help if I do not trust someone in a position of authority? Will my rights change as I get older? Is every country run the same? What is the difference between a democracy and a dictatorship? Is everyone entitled to vote? How has the government made an impact upon today's society?</p>	<p>What is happening in my body when I am learning? How does my health enhance or support this? What helps me to learn? Are you challenging yourself? How do you know? Why is emotional resilience important? Can I recall a time when I had to persevere? How do my emotions change whilst solving problems? How do I develop my cognitive thinking skills? What can I learn from my mistakes? Why do we test learning? How do I stay calm and relaxed in test situations?</p>

	<p>Have I regretted an action in the past? How do the media portray beauty? What does positive body image mean to me? What are my goals, wishes and dreams for the future? How will I achieve these?</p>		
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My Surroundings

Emotional Health

	<u>My Relationships</u>	<u>My Safety</u>
EYFS	What is a family? Who is my family? What is a friend? Who are my friends? Who cares for me? Why is this important? How do my friends and family make me feel? How can I be a good friend? How can I help my carers? Whom can I ask for help? Can I leave a situation when angry? (Prompted by an adult) How can I share with others? Can I take it in turns? Can I begin to solve problems with my friends? What should I do if my friend says no? Can I cooperate with my friends fairly? Can I engage in cooperative play? I can play cooperatively, and take turns with others. I can take account of one another's ideas about how to organise an activity. I can show sensitivity to others' needs and feelings I can form positive relationships with adults and other children.	What is a stranger? What should I do if I get lost? Whom should I speak to if I don't feel safe? How can I keep myself safe at school?
Year 1	What is a relationship? What different relationships do I have? Why are families important? How are families different? Do all families look the same? How might relationships/family change? Will I have the same friends forever? How can I show respect in different relationships? How can I be a good friend? How can I make friends? How do I feel if someone is unkind to me?	What should I do if I get lost? Where do I live? Who are my safe adults? Whom should I speak to if I don't feel safe? What is consent? Why are my private parts private? How do I keep safe on the road? What are the emergency services? What is the role of a police officer, fireman and paramedic? How can I keep myself safe at home? Visit to a fire station

Emotional Health

	<p>Who can I ask for help with my friendships? How can I show respect through using my manners?</p>	
Year 2	<p>What is a healthy relationship? Why is it important to spend time with my family? What are the relationships between my family members? Do all families look the same? What are the characteristics of a good friend? How do I know if a relationship is making me feel unhappy or unsafe? Whom can I ask for help if a relationship is making me feel unhappy or unsafe? How can I show appropriate affection in different relationships? How might I feel if relationships/family change? How can I resolve problems within my relationships? How can I use my manners to show courtesy? What behaviour constitutes bullying? How can I ask for help with bullying? How might bullying make me feel? How should I behave at home?</p>	<p>What should I do when an adult I don't know approaches me? Who is it safe to play with? Whom should I speak to if I don't feel safe? How do I keep safe in the sun? How do I keep myself safe at the seaside? What should I do in the event of a fire or medical emergency? Visit from a paramedic What information, including online, should I share with others? What is the internet? When should I access the internet? Who can I speak to if I am worried about the internet? To know my private parts are for myself Why is consent important? What is a secret?</p>
Year 3	<p>What is a family? (love, stability, security) Who is my extended family? What is a healthy family life? Do all families live together? Are all parents married? What do all families have in common? What is trust? How can I make others feel welcome? How can I manage my emotions if my relationship/family changes? How do my friendships make me feel? What strategies can I use to improve my relationships? How do my actions affect my relationships? What is fair and unfair in relationships? Is it ok to argue with my siblings?</p>	<p>Which adults can I trust? How do I know if I can trust an adult? Why do adults sometimes make decisions I don't like? How do I keep myself safe in a public place such as a park? Whom should I speak to if I don't feel safe? How do I keep safe on the road? When is it appropriate to call the police? Visit from a police officer What is Childline? How can child line help me if I feel unsafe? Why is the internet important? How can I use the internet safely? How do I show my consent within a relationship? What is the difference between a secret and a surprise? What does consent look like online?</p>

Emotional Health

	<p>Is it ok to tell lies? What is the difference between physical and verbal bullying? How can bullying and teasing affect others? What can I do if someone is being bullied? How should I behave with visitors? How can I show respect to different adults? What is loneliness? What can I do to help if I feel lonely?</p>	<p>What is cyber bullying? Whom can I contact if I am concerned about cyber bullying? How does cyberbullying impact someone's health?</p>
Year 4	<p>How do families support us? What is respect? What does respect look like within different relationships? Is it ok for my friends to make different choices? What does it mean to respect yourself? Why is self-respect important? How does self-respect make me feel? Who can I get support from if someone is being disrespectful to me? What is peer pressure? How can I resist peer pressure? Why is consent important within my relationships? What is cyber-bullying? How can bullying affect someone's future? Do I have to be friends with everyone? How can I manage conflict within my relationships? Who can I ask for support with my friendships? How can I avoid conflict with my siblings? Why is it important to show respect to people in positions of authority? How should I behave on a school visit?</p>	<p>What should I do if I get lost on public transport? Can I always trust other children? Whom should I speak to if I don't feel safe? How do I keep safe in the sun? What is a lifeboat? How do I keep myself safe around water? What are the dangers of electrics? What should I do in the event of a fire? Visit from the fire services What is physical abuse? Whom can I speak to if I am concerned about abuse? Are online gaming and YouTube always safe? Why are there age restrictions? How are online relationships different to face-to-face relationships? How can I be respectful whilst online? How do my online relationships make me feel? What information about myself should I share with my friends?</p>
	<p>What are the characteristics of a healthy family? What is important in a family? How do I know who to trust? When is it ok to keep a secret?</p>	<p>How should I respond to strangers? -Metropolitan Police workshops - Stranger Danger – Tate and Lyle What is radicalisation? Whom can I speak to if I am concerned about radicalisation? PREVENT workshops</p>

Emotional Health

<p>Year 5</p>	<p>Do I need to have the same beliefs as my friends? (religious, dietary, etc) What is tolerance? Are friendships important? How can I seek support if I feel isolated? What are the boundaries within my friendships? How does consent impact my relationships? How do others feel when they are excluded? Who can I ask for help if I am excluded? What is emotional bullying? What are the impacts of emotional bullying? What is the responsibility of a bystander during bullying? What is mutual respect? Why do relationships sometimes break down? Do men and women have to marry? Why do some married couples separate or get divorced? What are the positive and negative impacts of separation? How should I behave on public transport?</p>	<p>What is a gang? Whom can I speak to if I am concerned about radicalisation? Metropolitan Police Whom should I speak to if I don't feel safe? How do I keep safe on my bike or scooter? Bikeability What is emotional abuse and neglect? Whom can I speak to if I am concerned about abuse? What information should I share on the internet? https://www.thinkuknow.co.uk/professionals/resources/jigsaw/jigsaw/ How do I know how to trust online? How can I report concerns about whom I am talking to online? What is 'the cloud'? What happens to an image or piece of information once I've sent it to someone? How can I manage my emotions whilst online? Is all the information on the internet factual?</p>
<p>Year 6</p>	<p>What is the definition of a family? How can I show tolerance and respect within my relationships? How should I behave in different settings? What is grooming? Whom can I speak to if I am concerned about grooming? Is there a difference between being a friend and being friendly? Can you buy love and friendship? What is appropriate touch within different relationships? Why is permission seeking within relationships important? How can negotiation and compromise support a healthy relationship? What does it mean to make a positive sacrifice within a relationship? How can I judge who to trust and not trust? How do healthy emotions change throughout the day? What is love?</p>	<p>How can I keep myself safe on public transport? TFL What is radicalisation? Whom can I speak to if I am concerned about radicalisation? PREVENT workshops What is a gang? Whom can I speak to if I am concerned about radicalisation? Metropolitan Police What is knife crime? How can I keep myself safe on the street? https://www.knifefree.co.uk/ Whom should I speak to if I don't feel safe? How do I keep safe on my bike or scooter? Bikeability How can I recognise different types of abuse? How can I speak if I am concerned about abuse? Who can I trust on the internet? How can I keep myself safe on social media? What are the risks of building relationships online?</p>

Emotional Health

	<p>What different types of love will I experience? What are the British laws regarding marriage? What is the cultural difference within marriage? How do cultural differences compare to religious differences within marriage?</p>	<p>Is the data I send secure? Can I retrieve an image or piece of information once it has been sent?</p>
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My Belonging		
	<u>My Community</u>	<u>My Place in Society</u>
Nursery	My family. Who do I live with? Who keeps me safe?	How do we look after something/someone we love?
Reception	What are our cultural backgrounds?	How do we care for living things? Humans/Plants/Animals

Emotional Health

Y1	Where do I belong? Can I belong to more than one place?	Who can I help in my family or local community and how?
Y2	Which languages do I speak or understand? Do I belong to a particular faith group or community?	How can we improve our school environment? Who or what can help us with this?
Y3	What are my core values/beliefs? How does this affect my choices?	Who in our local community needs help and support and why? Which local charities support people in need? What people do you know that have made a difference to improving the lives of others?
Y4	What are the differences between people's ethnicity, culture, age, religious beliefs, gender? What are the similarities?	What is a global disaster? What types of disasters have taken place globally? How have they affected people/communities/societies physically and emotionally? How can we support those affected?
Y5	What is prejudice and how does it create divisions between people and societies/communities?	What are the inequalities within our local community/area? How can we close the gap? How can we actively make a difference?
Y6	What are stereotypes? How does discrimination affect people of different ethnic/cultural backgrounds, abilities, disabilities, gender and age?	What does it mean to volunteer? How can we make a difference globally?

		How can we help others financially (fundraising and donation)?
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