

Good to be me	Red		Blue		Yellow		Green	
Weekly focus	Learning Opportunities							
Whole school Setting	Early Foundation Stage	Later Foundation Stage	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>1. Doing something we are proud of</p> <p>2. Responding in an assertive way</p> <p>3. Helping someone with a worry</p> <p>4. Stopping and thinking when we are angry</p>	<p>My feelings - excited</p> <p>Calming down</p>	<p>Feeling good about myself</p> <p>Understanding my feelings - Happy, proud</p> <p>Standing up for myself</p>	<p>Our gifts and talents</p> <p>Proud – Story</p> <p>Anxiety and worrying</p> <p>Wobbly tooth story</p>	<p>Feeling good about myself</p> <p>Relaxed</p> <p>Relaxing</p> <p>Assertiveness</p> <p>Daphne Dinosaur and Olive Owl</p>	<p>Feeling good about myself</p> <p>Surprised</p> <p>Being assertive</p> <p>Worried and anxious</p> <p>Relaxation and visualisation</p>	<p>Feeling good about myself</p> <p>Hopeful and disappointed</p> <p>Hiding feelings</p> <p>Being assertive</p> <p>Fight or flight</p>	<p>Feeling good about myself</p> <p>Proud and boastful</p> <p>Mixed feelings</p> <p>Making choices</p> <p>Agreeing and disagreeing</p> <p>Understanding my feelings</p>	<p>Feeling good about myself</p> <p>Anxious and worried</p> <p>Standing up for what I think</p> <p>Assertiveness</p> <p>Understanding my feelings</p>

Plus assemblies, circle time ideas, extension materials and exemplar lessons from other curriculum areas