

Opportunities to develop self-awareness and realise 'it's good to be me', to understand our feelings and consider strengths and weaknesses as learners.

Exploration of feelings around relationships, family, friends and coping with loss.

Exploration of issues relating to different types of change, positive and negative, and common human responses to it.

Whole School Focus:

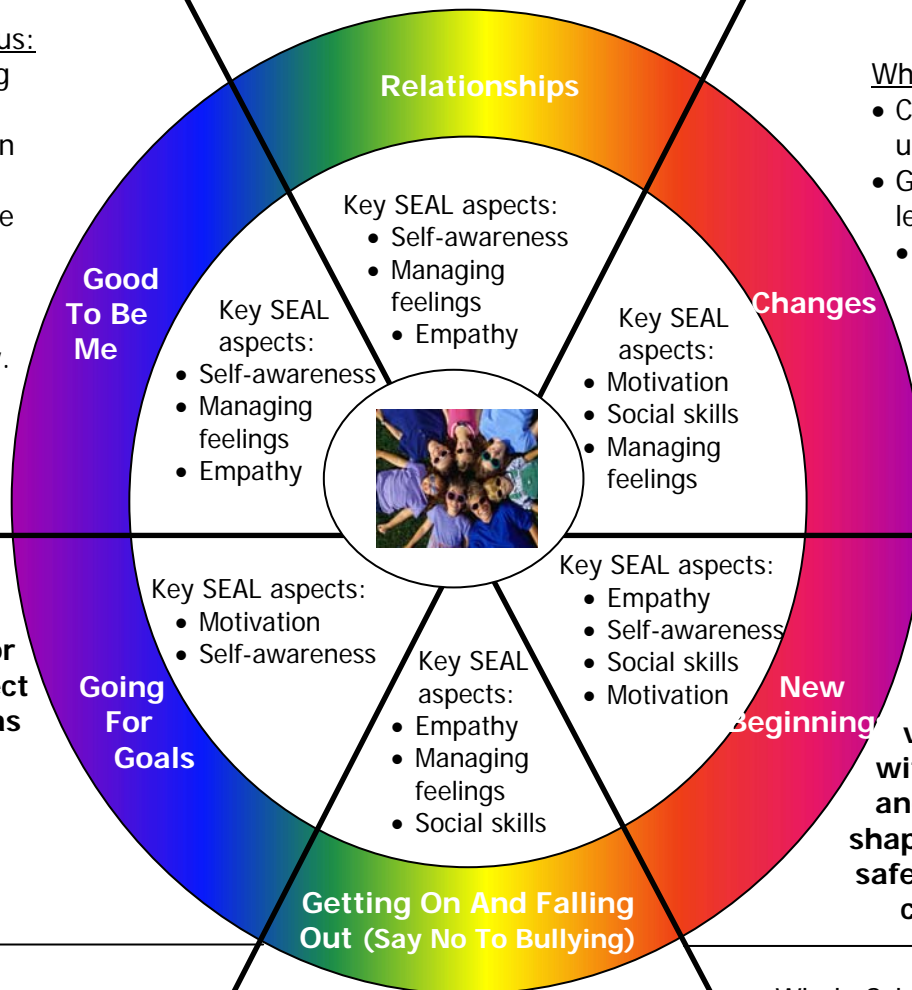
- Changing an unfair situation.
- Being pleased for someone's achievements.
- Telling the truth, saying sorry or making amends.
- Helping someone who is feeling sad or lonely.

Whole School Focus:

- Doing something to be proud of.
- Responding in an assertive way.
- Helping someone with a worry.
- Stopping and thinking when they were angry.

Whole School Focus:

- Coping with unexpected change.
- Getting better at their learning.
- Changing their behaviour for the better.
- Making the best of unwelcome change.



Provides opportunities for children to reflect on themselves as individuals, especially learning styles and strengths.

Developing the ethos of the classroom to support a successful learning environment.

Provides opportunities for children to see themselves as valued individuals within a community and to contribute to shaping a welcoming, safe and fair learning community for all.

Whole School Focus:

- Taking responsibility for success and when things go wrong.
- Waiting for what they want – persistence.
- Resilience, bouncing back, maintaining effort when things are difficult.
- Setting and achieving goals.

Whole School Focus:

- Working co-operatively to help a group.
- Being a really good friend.
- Keeping calm and overcoming feelings of anger.
- Solving a problem with a friend.

Whole School Focus:

- Making someone feel welcome.
- Doing something brave – overcoming feelings of fearfulness.
- Solving a problem/ remembering to use problem-solving process.
- Calming down/helping someone calm down.