



Long Term Wellbeing Plan

	Year 1	Year 2	Year 3
Title	Wellbeing	Wellbeing	Wellbeing
Unit Overview	<p>Pupils who are secure will be able to:</p> <ul style="list-style-type: none"> • Explain ways to turn mistakes into opportunities. • Use spoken language to express how they feel. • Recognise that sharing is an important part of developing friendships. • Take notice of different sounds. • Express their feelings through body movement. • Name ways of communicating different feelings and emotions. • Discuss how music makes them feel. 	<p>Pupils who are secure will be able to:</p> <ul style="list-style-type: none"> • Understand how perseverance can provide an opportunity to solve a problem and improve our skills and knowledge. • Identify appropriate compliments to give to others. • Provide examples of the positive attributes of others. • Clarify ways of showing generosity to others. • Discuss how being generous can benefit themselves and others. • Take notice of different feelings. • Select colours and marks to represent different feelings. 	<p>Pupils who are secure will be able to:</p> <ul style="list-style-type: none"> • Identify ways of responding to others when they are upset by offering support or giving space. • Connect with others about their interests or hobbies. • Understand how actions can affect people. • Take notice of their local environment. • Understand how the actions of others can affect people. • Apply strategies to improve an area. • Identify the benefits of voluntary work.
	Year 4	Year 5	Year 6
Title	Wellbeing	Wellbeing	Wellbeing
Unit Overview	<p>Pupils who are secure will be able to:</p> <ul style="list-style-type: none"> • Understand the skills needed to work as a team. • Identify the benefits of communicating with others. • Explain strategies they can use to communicate with others safely. • Discuss how a person contributes to their school community and explain how they will show their appreciation. • Understand how their actions can affect people. • Recognise positive and negative thoughts and apply strategies to cope with negative thinking. 	<p>Pupils who are secure will be able to:</p> <ul style="list-style-type: none"> • Explain the difference between a fixed mindset and a growth mindset. • Identify the key values of how to work well in a team. • Suggest ways to offer support to others. • Identify how kindness can benefit mental health and wellbeing. • Understand how their actions impact others. • Infer the feelings and emotions of others. • Explain ways to support others. 	<p>Pupils who are secure will be able to:</p> <ul style="list-style-type: none"> • Discuss current and future goals and explain strategies that could help reach them. • Explain how a person can contribute positively to their community. • Identify acts of kindness that can help or support others. • Define what makes an authentic apology and reflect on how their actions can impact other people's feelings. • Identify activities for self-care. • Recognise the benefits of self-care.