



Long Term Wellbeing Plan

	Year 1	Year 2	Year 3
Title	Wellbeing	Wellbeing	Wellbeing
Unit Overview	Pupils who are secure will be able to: - 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.	Pupils who are secure will be able to: - 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.	Pupils who are secure will be able to: - 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	Pupils who are secure will be able to: - 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.	Pupils who are secure will be able to: - 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.	Pupils who are secure will be able to: - 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.

