

Term 1

Y1

Obj 1 (min 4 sessions) CAREERS	SKILLSBUILDER- problem solving and creativity <i>Use your own SB assessment to progress these skills in your class using resources from the SB website</i>  	Note- these should be interspersed through the term so time is given to implement new skills.
Obj 2	How do school rules prepare us for life?	
Obj 3	Class agreement	
Obj 4	Sense of uniqueness- celebrating our differences	Books- Elmer, snail and the whale, Giraffes can't dance,
Obj 5	Learning and playing together	
Obj 6	Let's be friends	
Obj 7	Let's make up	
Obj 8	Let's be kind	
Obj 9	Asking for permission- consent (in things such as play, taking a photo, doing someone's hair etc)	
Obj 10	Noticing feelings	
Obj 11	Paying attention to pleasant feelings	
Obj 12	Helpful and unhelpful thoughts	
Obj 13	Reacting	

Term 1

Y2

Obj 1 (min 4 sessions) CAREERS	<i>SKILLSBUILDER- problem solving and creativity</i> <i>Use your own SB assessment to progress these skills in your class using resources from the SB website</i>  	Note- these should be interspersed through the term so time is given to implement new skills.
Obj 2	Noticing and naming feelings	
Obj 3	Different distractions	
Obj 4	Changing thoughts and feelings	
Obj 5	Managing unhelpful thoughts	
Obj 6	Reactions and responses	
Obj 7	What happens when things change?	
Obj 8	Watching videos	
Obj 9	Sharing pictures	
Obj 10	Playing games	
Obj 11	Helping to make good viewing choices (BBFC)	
Obj 12	Keeping viewing choices safe	

Mental health and wellbeing/ keeping safe online

Term 1

Y3

Obj 1 (min 4 sessions) CAREERS	<i>SKILLSBUILDER- problem solving and creativity</i> <i>Use your own SB assessment to progress these skills in your class using resources from the SB website</i>  	Note- these should be interspersed through the term so time is given to implement new skills.
Obj 2	Personal identity	
Obj 3	What makes a good friend?	
Obj 4	Falling out with friends	
Obj 5	How do I belong in my community?	
Obj 6	What does it mean to belong to WRPS?	
Obj 7	Exploring emotions	
Obj 8	Understanding distractions	
Obj 9	Managing thoughts and emotions	
Obj 10	Managing worries	
Obj 11	Managing responses	
Obj 12	How do I keep myself safe online?	

Belonging / mental wellbeing

Term 1

Y4

Obj 1 (min 4 sessions) CAREERS	<i>SKILLSBUILDER- problem solving and creativity</i> <i>Use your own SB assessment to progress these skills in your class using resources from the SB website</i>  	Note- these should be interspersed through the term so time is given to implement new skills.
Obj 2	Describing emotions	
Obj 3	Understanding internal and external distractions	
Obj 4	Exploring different thinking habits	
Obj 5	Different ways to manage worries	
Obj 6	Strategies for staying calm	
Obj 7	How do people manage change and loss?	
Obj 8	Firework safety	
Obj 9	Keeping safe at home	
Obj 10	Road safety	
Obj 11	Exploring risk in relation to gambling	
Obj 12	Medicines and household product safety	
Obj 13	Smoking, vaping and alcohol risks	

Mental health and wellbeing / ways to manage risk

Term 1

Y5

Obj 1 (min 4 sessions) CAREERS	<i>SKILLSBUILDER- problem solving and creativity</i> <i>Use your own SB assessment to progress these skills in your class using resources from the SB website</i>  	Note- these should be interspersed through the term so time is given to implement new skills.
Obj 2	Including others	
Obj 3	Positive and respectful friendships	
Obj 4	Bullying and its impact	
Obj 5	Challenging stereotypes	
Obj 6	Inclusive communities- how do we help communities to get along	
Obj 7	Noticing and naming emotions	
Obj 8	Directing attention and managing distractions	
Obj 9	Changing thinking habits	
Obj 10	Rumination and worry	
Obj 11	Managing reactivity	
Obj 12	Good mental wellbeing habits- incl. online	
Obj 13	Who influences me and is it always good?	

Friendships, stereotypes and bullying / Mental health and wellbeing

Term 1

Y6

Obj 1 (min 4 sessions) CAREERS	SKILLSBUILDER- problem solving and creativity <i>Use your own SB assessment to progress these skills in your class using resources from the SB website</i>  	Note- these should be interspersed through the term so time is given to implement new skills.
Obj 2	Regulating emotions	
Obj 3	Managing distractions	
Obj 4	Developing positive thinking habits	
Obj 5	Managing rumination and worry	
Obj 6	Managing stress	
Obj 7	How do people manage loss and support each other?	
Obj 8	Money and emotional wellbeing	
Obj 9	Being a critical consumer	
Obj 10	Chancing it- risk associated with gambling including within games online	
Obj 11	Spending influences	
Obj 12	Wellbeing and support	
Obj 13	Revisiting consent	