
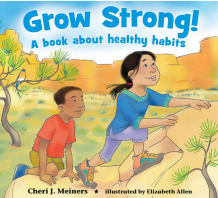



Inventions Spring		Vocabulary	Core Text or resource	Objectives		
<b>KS1</b>  <b>1<sup>st</sup> and 2<sup>nd</sup> HT</b>  <b>MENTAL WELLBEING</b>	<b>What colour are you today?</b>	Feelings Others feelings Managing feelings Change and loss Talking to an adult Asking for help Managing techniques Hurtful behaviour Bullying	Lucy's Blue hair day <a href="#">Video</a>	<p>About different feelings that humans can experience.</p> <p>About ways of sharing feelings; a range of words to describe feelings.</p> <p>How to recognise what others may be feeling.</p> <p>To recognise that not everyone feels the same at the same time, or feels the same about the same things.</p> <p>Different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good.</p>	<p>About change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better.</p> <p>The importance of telling a trusted adult.</p> <p>How to manage when finding things difficult.</p> <p>About how to recognise when they or someone else feels lonely and what to do.</p> <p>That bodies and feelings can be hurt by words and actions; that people can say hurtful things online.</p> <p>About how people may feel if they experience hurtful behaviour or bullying.</p>	<p>To recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it.</p> <p>That hurtful behaviour (offline and online) including teasing, name calling, bullying and deliberately excluding others is not acceptable; how to report bullying.</p> <p>How to recognise and name feelings.</p> <p>How feelings can affect people's bodies and how they behave.</p>
<b>KS2</b>  <b>1<sup>st</sup> HT</b>  <b>PHYSICAL HEALTH AND FITNESS</b>	<b>Is being strong the same as being healthy?</b>	Regular exercise Healthy lifestyle Asking for help Inactive lifestyle risks		<p>How regular (daily/ weekly) exercise benefits mental and physical health (eg walking or cycling to school, daily active mile).</p> <p>How to recognise that habits can have both positive and negative effects on a healthy lifestyle.</p>	<p>How and when to seek support, including which adults to speak to in and outside school, if they are worried about their health.</p> <p>Recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle.</p>	

<p><b>KS2</b></p> <p><b>2<sup>nd</sup> HT</b></p> <p><b>CARING FRIENDSHIPS</b></p>	<p><b>Can you invent the perfect friend?</b></p>	<p>Healthy friendships Online/offline</p>	 <p><a href="#">The Adventures of Beekle</a></p>	<p>What constitutes a positive healthy friendship (eg mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face to face relationships.</p>		
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