

LONG TERM PSICHE PLAN
(1 Year Rolling Programme)

| A 2016-17 | AUTUMN | SPRING | SUMMER |
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| BEECH Rec/Y1 | Circle time activities to discuss the themes of "New Beginnings" and "Getting on and Falling Out" (F and Year 1 SEAL) | Circle time activities to discuss the themes of "Going for Goals" and "Good to be me". This includes thinking about abilities, strengths, self-awareness, managing feelings and empathy. (F and Year 1 SEAL) | "Relationships" and "Changes." This includes thinking about our important relationships including family and friends and aims to give children an understanding of different types of change, positive and negative, and equip them to manage their feelings. (F and Year 1 SEAL) |
| MAPLE Y2/3 | "New Beginnings." Rights and responsibilities. Welcoming people to our new group. Managing our feelings appropriately. "Getting on and Falling Out." Key qualities in a friend. Celebrating similarities and differences. Understanding anger and working together. (Year 2 SEAL) | "Going for Goals." The importance of perseverance. Barriers to reaching learning goals.. "Good to be me" – hiding feelings. Being assertive. (Year 2 SEAL) | "Relationships." Children's roles as young citizens. Special people. Loss. Remembering people who we no longer see. "Changes." Unwelcome changes. Friendships. (Year 2 SEAL.) |
| OAK Y4/5 | "New Beginnings." Rights and responsibilities. Welcoming people to our new group. Managing our feelings appropriately. "Getting on and Falling Out." Key qualities in a friend. Celebrating similarities and differences. Understanding anger and working together. (Year 5 SEAL) | "Going for Goals." The importance of perseverance. Barriers to reaching learning goals.. "Good to be me" – hiding feelings. Being assertive. Drugs education. (Year 5 SEAL) | "Relationships." Relationships on refugees. Children's roles as young citizens. Special people. Loss. Remembering people who we no longer see. "Changes." Unwelcome changes. Our emotions and responses to changes. Puberty. (Year 5 SEAL.) |
| WILLOW Y6 | "New Beginnings." Building a community. Creating a class charter. Focus on feelings and how to manage them. "Getting On and Falling Out." Working in a group. Are differences a barrier to friendship? Conflict resolution and managing anger. (Year 6 SEAL) | "Going for Goals." The ladder to success. The importance of persevering. Avoiding finding a solution by making excuses. Making wise choices. "Good to be me." Recognising and dealing with feelings of anxiety. Standing up for what I think. Taking responsibility. Drugs education.(Year 6 SEAL) | "Relationships." Losses. Helping others. Breaking friends. Forgiveness. "Changes." Understanding feelings about changes. Understanding how thoughts, feelings and behaviour are linked. Saying goodbye and moving on. Growing. (Year 6 SEAL) |

