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| Term | Growth mindset  and Mental Health | Keeping safe/healthy | Relationships  (SRE) | Rights and Responsibilities | Global citizenship |
| Autumn 1 | Don’t say…Say…’  The impact of words and phrases on mindsets | Healthy swaps  Fit as a fiddle  It’s my body | What to do if you don’t feel safe. You can feel unsafe in a place, with people or on your own. Who can you talk to? | Black history | Mutual respect and tolerance -British values  Communities |
| Autumn 2 | Diamond minds  Identifying what is  important for them as an individual  Writing positive | e-safety | Friendship/anti bullying  Why do people become bullies, are they happy people? | The right to true information.  Fake news | Charities making a difference |
| Spring 1 | Barriers to learning  Identifying and  overcoming barriers | Let’s talk about mental health and strategies. Body scan. How do you know when you’re feeling the pressure? | You are unique | Respect for the environment (link to polar ice caps melting) | Respecting the law |
| Spring 2 | Changing emotions | Water | Feelings and emotions  Accepting our part in conflict and assertiveness Feelings are big motivators of our actions; take time to let things go. Lake Side meditation. | The best interests of the child must be a top priority in all things that affect children. | Environmental issue – global warming |
| Summer 1 | Different pathways to the same goal. Avoid a defeatist attitude, focus on strengths and develop weaknesses. | Fair trade | Changing bodies | Gay, lesbian and transgender | Spending and saving – budgeting money |
| Summer 2   * **Mindfulness** * **Relaxation** * **Mindful Moment** | Making future plans | Global warming | Changing emotions during puberty | Transition – getting ready for high school. High School Relaxation | Debt and risk, effects of economic choices |