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| Term | Growth mindset  and Mental Health | Keeping safe/healthy | Relationships  (SRE) | Rights and Responsibilities | Global citizenship |
| Autumn 1 | ***Think positive***  It’s Your Choice | ***It’s My Body***  Clean as a Whistle | Qualities of a good friend  How does it feel to be a good friend? What makes a good friend? | Black history | Voting – British Values |
| Autumn 2 | Oh no! I’ve made a mistake!  How we feel when we make a mistake | Bonfire/ Safety | Friendship fortnight/anti bullying | Article 2 Right to be treated fairly.  How would you feel if you weren’t treated fairly? | What makes me proud of Britain |
| Spring 1 | Dream big!  Equal opportunities  Inner Kingdom Relaxation. You are great and you have the power in you! | ***Safety First***  People Who Can Help | Peer pressure | Respect for culture and the environment | Environmental issue - litter |
| Spring 2 | Super effort  Creating a character to represent effort | Exercise and healthy eating | ***Growing Up***  Your Family, My Family | Article 12 To have a voice | Environment issues – impact of litter on the habitats. How does a clean tidy affect your mood? |
| Summer 1 | Challenge mountains Setting learning challenges | Hazardous substances and safety rules | Identifying other’s emotions | My Community | Charity |
| Summer 2   * **Mindfulness** * **Relaxation** * **Mindful Moment** | Ding ding! How much effort?  Different stages of effort | Internet & Me | Different family types | Personal boundaries. How can we respect each other’s space? | Money- spend or save |