

## Wellbeing Curriculum Overview

### 1. Wellbeing lesson packages

The National Curriculum requires schools to make provision for personal, social, health and economic education (PSHE) and the DfE recommends the [PSHE Association Framework](#) for guidance. Our lesson packages focus on the mental health and emotional wellbeing elements of the framework, and covers three core themes:

Health and Wellbeing 

Relationships 

Living in the Wider World 

Our lessons are based around six progressive themes, which are revisited each year:

- **Wonderful Me** - relates to pupils' sense of identity, understanding their own emotions and appreciating who they are
- **People Around Me** - explores children's relationships with the people around them, including how to communicate, empathise and resolve conflicts as well as identifying people within their support network and learning how to ask for help
- **Meaning and Purpose** - focuses on setting and working towards goals and building self-esteem through drive or purpose
- **Resilience** - teaches how to celebrate failures and learn from them
- **Healthy Body, Healthy Mind** - explores the importance of diet, exercise and good dental health
- **Relaxation** - this element can often get overlooked, so we look at a range of strategies to use in different situations

### 2. Teacher Skills videos - Understanding mental health

14 short videos for teachers, providing information about some of the more prevalent mental health conditions affecting young people:

- ADHD
- Anxiety
- Asperger's
- Attachment
- Autism
- Confidence
- Self Harm

## Overview of Kapow's topics by year

<p>Year 1</p> <p>My World</p>	<p><i>Wonderful Me:</i> <i>Understanding my Feelings</i></p> <p>Using emojis and the story of "Where are you, Blue Kangaroo?" as stimuli, children describe different feelings that they experience <a href="#">Go to topic</a></p>	<p><i>People Around Me: Special People</i></p> <p>Through role play activities, children identify special people within their community <a href="#">Go to topic</a></p>	<p><i>Resilience:</i> <i>People to Turn to</i></p> <p>Pupils consider who they can turn to when they need help or someone to talk to, identifying the different networks of friends and families that they are a part of <a href="#">Go to topic</a></p>	<p><i>Meaning and Purpose:</i> <i>What am I Like?</i></p> <p>By imagining themselves as an animal, pupils describe what they are like as a person, including their strengths and how they can work towards their chosen goals <a href="#">Go to topic</a></p>	<p><i>Healthy Body, Healthy Brain:</i> <i>Get Ready for bed</i></p> <p>Pupils learn about the importance of rest and evaluate their bedtime routines <a href="#">Go to topic</a></p>	<p><i>Relaxation:</i> <i>Progressive Muscle Relaxation</i></p> <p>Using the contrasting strategies of progressive muscle relaxation and laughter, children explore these different ways to relax and their benefits <a href="#">Go to topic</a></p>
<p>Curriculum coverage</p>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Describe their own emotions</li> <li>- Use simple strategies to manage their feelings</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Communicate their feelings to others</li> <li>- Recognise what other people are feeling</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Know about people around them</li> <li>- Can identify how to approach other people for help</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Understand how to care for people</li> <li>- Identify how other people show their feelings</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Identify that there are people who look after them.</li> <li>- Recognise the special people in our community who look after us</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Know that they are part of different networks</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Understand how to ask for help</li> <li>- Know that different people can help them in different ways</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Know that they belong in different communities and groups</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Identify and celebrate their strengths</li> <li>- Set themselves achievable goals</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Offer constructive support and feedback to others</li> </ul> <p>Identify similarities and differences between people</p> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Begin to understand ways in which we are all unique</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Make choices to benefit their health</li> <li>- Understand the benefits of rest</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Begin to understand what we have in common with everyone else</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Make choices to benefit their health</li> <li>- Understand the benefits of rest and relaxation</li> </ul>

<p>Year 2</p> <p>Looking Out</p>	<p><i>Wonderful Me:</i> <i>Experiencing Different Feelings</i></p> <p>Associating feelings with different colours, children explore their experiences of feeling multiple emotions at the same time</p> <p><a href="#">Go to topic</a></p>	<p><i>People Around Me:</i> <i>Other People's Feelings</i></p> <p>Pupils develop an appreciation for the fact that other people think and feel different things</p> <p><a href="#">Go to topic</a></p>	<p><i>Meaning and Purpose:</i> <i>Steps to Success</i></p> <p>In this lesson, children combine their understanding of people's strengths along with their own goals and learn how to ask for help in order to achieve their aims</p> <p><a href="#">Go to topic</a></p>	<p><i>Resilience:</i> <i>Developing a Growth Mindset</i></p> <p>Through a series of tasks, pupils learn about a growth mindset and how it can help them when working towards goals or facing challenges</p> <p><a href="#">Go to topic</a></p>	<p><i>Healthy Body, Healthy Brain:</i> <i>Being Active</i></p> <p>Children investigate what it means to be active and how it positively affects both body and mind</p> <p><a href="#">Go to topic</a></p>	<p><i>Relaxation:</i> <i>Breathing Exercises</i></p> <p>Pupils develop an understanding of stress and learn breathing exercises to help them to relax</p> <p><a href="#">Go to topic</a></p>
<p>Curriculum coverage</p>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Know about positive and negative feelings</li> <li>- Understand change and loss and the associated feelings</li> <li>- Recognise that they might feel conflicting emotions</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Communicate their feelings to others</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Describe their feelings to others</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Recognise how others show feelings</li> <li>- Identify and respect differences and similarities between people</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Recognise what we have in common with others</li> <li>- Know ways in which we are all unique</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Recognise their strengths</li> </ul> <p>Set simple but challenging goals</p> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Identify and respect differences and similarities between people</li> <li>- Offer constructive support and feedback to others</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Recognise what we have in common with others</li> <li>- Know ways in which we are all unique</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Learn from their experiences</li> <li>- Use simple strategies for managing feelings</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Offer constructive support and feedback to others</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Understand the benefits of physical activity</li> <li>- Make informed choices to improve their physical health</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Know ways in which we are all unique</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Make choices to improve their physical and emotional health</li> <li>- Know how to maintain a healthy lifestyle including the benefits of rest</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Understand ways in which we are all the same and ways in which we are unique</li> </ul>

<p>Year 3</p> <p>Getting to Know Me</p>	<p><i>Wonderful Me:</i> <i>Who Am I?</i></p> <p>Pupils explore the different aspects of their identity and learn that these make them completely unique</p> <p><a href="#">Go to topic</a></p>	<p><i>People Around Me:</i> <i>Communication</i></p> <p>Pupils investigate different forms of communication to evaluate the pros and cons of each in order to understand how we consciously and unconsciously communicate with others</p> <p><a href="#">Go to topic</a></p>	<p><i>Meaning and Purpose:</i> <i>My Superpowers</i></p> <p>Children develop their understanding of what their strengths are by imagining themselves as superheroes</p> <p><a href="#">Go to topic</a></p>	<p><i>Resilience:</i> <i>Breaking Down Barriers</i></p> <p>To overcome problems, pupils look at breaking issues down into small, achievable goals</p> <p><a href="#">Go to topic</a></p>	<p><i>Healthy Body, Healthy Brain:</i> <i>Schedule Food and Exercise</i></p> <p>Developing their understanding of the effects of diet and exercise, pupils plan a weekly schedule which incorporates these elements</p> <p><a href="#">Go to topic</a></p>	<p><i>Relaxation:</i> <i>Stretches</i></p> <p>Children learn some simple relaxing stretches to help to get them in the right frame of mind and consider when people stretch and why</p> <p><a href="#">Go to topic</a></p>
<p>Curriculum coverage</p>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Celebrate their achievements</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Recognise different types of relationships</li> <li>- Recognise that differences between people arise from a number of factors</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Understand that we are all unique</li> <li>- Know what being part of a community means</li> </ul>	<p><b>R</b></p> <ul style="list-style-type: none"> <li>- Develop skills to form and maintain healthy relationships</li> <li>- Recognise that their actions affect others</li> <li>- Recognise and respond to a range of feelings in others</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- See and respect others' points of view</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Identify their strengths</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Recognise that their actions affect others</li> <li>- Understand personal boundaries: what they are willing to share with others</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Recognise what it means to be part of a community</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Recognise when they need to ask for help</li> <li>- Know how to ask for help</li> <li>- Set high aspirations and goals</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Work collaboratively towards shared goals</li> <li>- Know that their actions affect themselves and others</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Know what positively and negatively affects their health</li> <li>- Make informed choices</li> <li>- Understand the benefits of a balanced diet</li> <li>- Recognise increased independence means increased responsibility</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Work collaboratively towards shared goals</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Understand that they have different responsibilities</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Beginning to understand the concept of a balanced lifestyle</li> <li>- Know what positively and negatively affects their health</li> </ul>

<p>Year 4</p> <p>My Place in the World</p>	<p><i>Wonderful Me: My Happiness</i></p> <p>Focusing on what's important in their worlds, children start to take charge of their own happiness, finding ways to have a positive effect on their own feelings</p> <p><a href="#">Go to topic</a></p>	<p><i>People Around Me: My Behaviour Affects Others</i></p> <p>Pupils look at the people around them and consider what they can do or how they can behave to influence their happiness too</p> <p><a href="#">Go to topic</a></p>	<p><i>Meaning and Purpose: My Role</i></p> <p>To focus their minds on what they're good at and what they enjoy, children write an application for their perfect job in the classroom</p> <p><a href="#">Go to topic</a></p>	<p><i>Resilience: Celebrating Mistakes</i></p> <p>Children learn to celebrate their mistakes, understanding that they form an important part of the learning process</p> <p><a href="#">Go to topic</a></p>	<p><i>Healthy Body, Healthy Brain:</i></p> <p><i>Diet and Dental Health</i></p> <p>Using scientific knowledge again, children look at healthy diets and dental hygiene, understanding how they impact physical, mental and emotional health</p> <p><a href="#">Go to topic</a></p>	<p><i>Relaxation: Visualisation</i></p> <p>Pupils remind themselves of why relaxation is important and pick up tricks and tips for visualisation activities</p> <p><a href="#">Go to topic</a></p>
<p>Curriculum coverage</p>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Understand what positively and negatively affects their emotional health</li> <li>- Recognise increased independence means increased responsibility</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Recognise and respond to a range of feelings in others</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Know that they have different responsibilities</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Understand what positively and negatively affects their emotional health</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Recognise and respond to a range of feelings in others</li> <li>- Recognise different types of relationship</li> <li>- Know how their behaviour affects other people</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Know what being part of a community means</li> <li>- See and respect others' points of view</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Identify their strengths</li> <li>- Reflect on and celebrate their achievements</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Recognise how their behaviour affects themselves and others</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Know what being part of community means</li> <li>- Recognise that they have different responsibilities, rights and duties</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Develop the skills to ask for help</li> <li>- Recognise conflicting emotions and when/how to overcome these</li> <li>- Build resilience</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Respond appropriately to a range of feelings in others</li> <li>- Understand that they actions affect themselves and others</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Develop skills to exercise responsibilities</li> <li>- Develop strategies for getting support for themselves</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Know what positively and negatively affects their health</li> <li>- Understand the benefits of a balanced diet</li> <li>- Know routines can help prevent the spread of virus and bacteria</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Know that they have different responsibilities</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Know what positively and negatively affects their health</li> <li>- Make informed choices</li> <li>- How they can help keep themselves healthy</li> </ul>

<p>Year 5</p> <p>Being Responsible</p>	<p><i>Wonderful Me:</i> <i>Taking Responsibility for my Feelings</i> Children examine their feelings, looking at how they respond to different emotions and what the most positive course of action is <a href="#">Go to topic</a></p>	<p><i>People Around Me:</i> <i>A Good Friend</i> Pupils investigate what it means to be a good friend and create a set of instructions for building a friend <a href="#">Go to topic</a></p>	<p><i>Meaning and Purpose:</i> <i>Going for Goals</i> Goals are looked at in more depth, with pupils setting themselves time related challenges to help them stay on track to achieve their goals <a href="#">Go to topic</a></p>	<p><i>Resilience:</i> <i>Embracing Failure</i> Children use maths problems to not only accept, but embrace failure, appreciating it for what it can teach them <a href="#">Go to topic</a></p>	<p><i>Healthy Body, Healthy Brain:</i> <i>Importance of Rest</i> In order to understand the importance of rest, pupils investigate what happens when we sleep and think of ways in which they can help facilitate this <a href="#">Go to topic</a></p>	<p><i>Relaxation:</i> <i>Yoga</i> Breathing and stretches are combined as children learn about different yoga poses <a href="#">Go to topic</a></p>
<p>Curriculum coverage</p>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Know what positively and negatively affects their mental and emotional health</li> <li>- Know how to make informed choices</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Know how to communicate their feelings to others</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Consider the consequences of antisocial, harmful behaviour</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Know how to ask for help</li> <li>- Recognise when they need to ask for help</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Recognise that differences between people arise from a number of factors</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Know what being part of a community means</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Know how to ask for help</li> <li>- Recognise when they need to ask for help</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Identify their strengths</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Work collaboratively towards shared goals</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Recognise when they need help</li> <li>- Develop the skills to ask for help</li> <li>- Build resilience</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Understand that they actions affect themselves and others</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Develop skills to exercise responsibilities</li> <li>- Develop strategies for getting support for themselves</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Understand positive and negative emotions</li> <li>- Know what positively and negatively affects their health</li> <li>- Understand what a balanced lifestyle is</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Understand that they have different responsibilities</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Know what positively and negatively affects their health</li> <li>- Understand what a balanced lifestyle is</li> </ul>

<p>Year 6</p> <p>Looking Forward</p>	<p><i>Wonderful Me:</i> <i>Our Social Media Selves</i></p> <p>Pupils consider why people may present their life in a different way on social media and the impact this can have on other people</p> <p><a href="#">Go to topic</a></p>	<p><i>People Around Me:</i> <i>Resolving Conflict</i></p> <p>Pupils learn about how conflict can arise and the steps that can be taken to resolve it or prevent it, creating a resolution guide</p> <p><a href="#">Go to topic</a></p>	<p><i>Meaning and Purpose:</i> <i>What can I be?</i></p> <p>By pondering different meanings of the question 'What do I want to be when I grow up?', pupils focus on what is important to them</p> <p><a href="#">Go to topic</a></p>	<p><i>Resilience: My Resilience Toolbox</i></p> <p>Reflecting on the different resilience strategies they have come across in the past, pupils create a resilience toolbox to help prepare them for any challenge</p> <p><a href="#">Go to topic</a></p>	<p><i>Healthy Body, Healthy Brain:</i> <i>Managing my Health</i></p> <p>Children consider how they look after their own physical and emotional wellbeing and think of what else they can do to keep themselves healthy</p> <p><a href="#">Go to topic</a></p>	<p><i>Relaxation:</i> <i>Mindfulness</i></p> <p>In addition to completing a mindfulness activity, pupils create a booklet of useful relaxation strategies to use in different situations</p> <p><a href="#">Go to topic</a></p>
<p>Curriculum coverage</p>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Recognise how images online do not always reflect reality and can affect how people feel about themselves</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Recognise how to respond to a range of feelings in others</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Examine what's presented to us in social media</li> <li>- Understand how social media can misrepresent or mislead</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Describe the range and intensity of their feelings to others</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Develop strategies to resolve disputes and conflicts through negotiation and compromise</li> <li>- Listen to other people and raise own concerns</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Understand consequences of antisocial, aggressive, harmful behaviour</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Recognise when they need help and know how to ask for it</li> <li>- Identify their strengths</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Work collaboratively towards shared goals</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Develop the skills to ask for help</li> <li>- Build resilience</li> <li>- Set high aspirations and goals</li> </ul> <p><b>R</b></p> <ul style="list-style-type: none"> <li>- Understand that their actions affect themselves and others</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Develop skills to exercise responsibilities</li> <li>- Develop strategies for getting support for themselves</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Know what positively and negatively affects their health</li> <li>- Understand the benefits of a balanced diet</li> <li>- Understand what a balanced lifestyle is</li> </ul> <p><b>LWW</b></p> <ul style="list-style-type: none"> <li>- Understand that they have different responsibilities</li> </ul>	<p><b>H&amp;W</b></p> <ul style="list-style-type: none"> <li>- Know what positively and negatively affects their health</li> <li>- Understand what a balanced lifestyle is</li> </ul>