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| Term | Growth mindset  and Mental Health | Keeping safe/healthy | Relationships  (SRE) | Rights and Responsibilities | Global citizenship |
| Autumn 1 | I give up!  Characteristics of growth and fixed mindsets | Safety-  People- Who Can Help | How to be a good friend  Bucket of Kindness Relaxation | Black history | Diverse Britain  My Neighbourhood |
| Autumn 2 | Strictly can’t dance  How it feels to fail | e-safety/ Digital Wellbeing  Staying Safe Online | Friendship fortnight/anti bullying | Article 2 Right to be treated fairly.  Religion/Race | Local/national news  Personal News, your news is important, how do you feel? |
| Spring 1 | Asking for help  Describing the learning journey | Fire safety  Staying Safe at Home | Identifying feelings and emotions  How does your tummy feel when you are happy, sad, angry etc | Article 29. You have the right to develop your talents to the full. | My Community |
| Spring 2 | Soaking up the learning  Identifying the  characteristics of growth and fixed mindsets | Exercise and healthy eating  Take deep breaths to help body and mind | Making choices/resolving conflicts | Article 28 The right to learn and go to school. | Environmental issue - litter |
| Summer 1 | The power of perseverance  Identifying personal challenges | Dental Health | One world L1: Families- How are they similar and different from ours? | Parent responsibilities Should you worry about your parents’ responsibilities? | Animal care what is kind and unkind |
| Summer 2   * **Mindfulness** * **Relaxation** * **Mindful Moment** | Setting challenges  Setting personal;  challenges | Think positive  It’s Your Choice | Staying Healthy, good/bad medication. Who can you talk to if you don’t feel well? | Personal responsibilities | Emergency services |