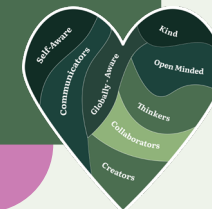




The Mindful Learning Curriculum Journey



"Equipping every learner to thrive in life, in learning, and in a changing world - guided by the Alkerden Heart."

Self-Regulation: My Feelings

Building Relationships: Special Relationships

Managing Self: Taking on Challenges

Self-Regulation: Listening and Following Instructions

Building Relationships: My Family and Friends

Managing Self: My Wellbeing

How do you think your friend is feeling? What can you see that tells you that?

What makes someone special to you?

What is a challenge and how does it make you feel?

What does good listening look like?

What makes a family special?

What helps your body and mind stay healthy?

What can you do when you feel upset, angry, or worried?

Assessment

Assessment

Assessment

Assessment

Assessment

Assessment

Can you show me what your feeling looks like on your face or in your body?

How do people show that they care about each other?

Which people help you at home or at school?

How can you keep trying when something feels tricky?

How can you show me you are listening carefully?

Who are the important people in your life and how do they help you?

Which foods and activities help you grow strong?

What helps you feel calm and happy again?

How can you be a kind and caring friend?

Anti-Bullying Week

Which strategies can you use when you get stuck?

How can you remember what you have been asked to do?

How can you be a kind and helpful friend?

Mental Health Awareness Week

Which things can you do to play and work well with others?

How does your body feel when you are healthy and happy?

How can you take care of yourself every day?

Key subject skills this term:

Self-Expression
Self-Regulation

Empathy
Emotions

Key subject skills this term:

Relationships
Communication

Kindness
Empathy

Key subject skills this term:

Problem Solving
Perseverance

Confidence
Self-Esteem

Key subject skills this term:

Following Instructions
Working Memory

Listening
Self-Control

Key subject skills this term:

Family Relationships
Communication

Respect
Cooperation

Key subject skills this term:

Healthy Habits
Body Awareness

Healthy Choices
Independence

KI Kind

CO Collaborators

CM Communicators

TH Thinkers

SA Self-aware

GA Globally aware

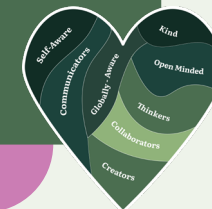
CR Creators

OM Open minded

Year R



The Mindful Learning Curriculum Journey



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My Healthy Self: How can we look after our feelings?

Which strategies can you use to manage your feelings in different situations?

How can your feelings affect what you do and how you behave?

What feelings do you know, and how do they feel in your body?

How can you look after your own feelings and help others with theirs?

Connecting with Others: How can I help myself and others feel happy?

What helps you feel happy and safe with other people?

Assessment

How can your words and actions affect how others feel?

Anti-Bullying Week

Which choices can you make to be kind, fair, and keep yourself and others safe?

How can you help someone if they are feeling unhappy or unsafe?

The Online World: How do we spend time online?

What do you use the internet or devices for at home or school?

How can you make good choices about how and when you use the internet?

Assessment

How does spending time online make you feel?

Safer Internet Day

Which rules help you stay safe when you are online?

Citizenship: How can I help others and the environment?

What does it mean to help others and care for our world?

Which things can you do at home or school to help others and the planet?

How can we work together to make our school and world a better place?

Assessment

How can your actions make a difference to people and the environment?

Health Protection: How can I protect myself and others in daily life?

What do you already do to keep yourself healthy and safe each day?

Which choices can you make to stay safe and avoid harm at home, school, or outside?

Mental Health Awareness Week

How can you help to keep other people healthy and safe too?

Assessment

How do these healthy and safe habits help to protect you and others?

Staying Safe: How do I know when something is safe?

What does being safe mean, and how can you tell if something is safe or unsafe?

How might your body or feelings help you know if something doesn't feel safe?

How can you get help if you feel unsafe or unsure?

Assessment

Which choices can you make to keep yourself safe in different situations?

Key subject skills this term:

Emotional Awareness
Behaviour Awareness
Self-Regulation
Empathy

Key subject skills this term:

Perspective Taking
Decision Making
Relationships
Support

Key subject skills this term:

Technology Awareness
Digital Responsibility
Online Safety
Screen Balance

Key subject skills this term:

Environmental Care
Positive Action
Collaboration
Responsibility

Key subject skills this term:

Health & Safety
Risk Awareness
Safety Knowledge
Responsibility

Key subject skills this term:

Risk Assessment
Body Awareness
Personal Safety
Help Seeking

KI Kind

CO Collaborators

CM Communicators

TH Thinkers

SA Self-aware

GA Globally aware

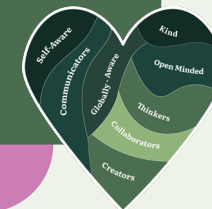
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Year 1



The Mindful Learning Curriculum Journey



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My Healthy Self: How can we look after our bodies?

Which healthy choices can you make to look after your body in different situations?

How do your daily habits affect your body and how you feel?

What does your body need to stay healthy, and why is this important?

How can you take responsibility for keeping your body healthy and strong?

Connecting with Others: How can I build safe, kind relationships?

What makes a relationship feel safe, kind, and caring?

How can your words and actions help build strong relationships?

Which skills can you use to solve problems or disagreements with others?

How can you take responsibility for your behaviour in a relationship?

The Online World: How are things shared online?

What does it mean to share something online?

How can you make safe and responsible choices when sharing online?

How can things be shared online and who might see them?

Which information is safe to share online and which is not?

Citizenship: How do people belong to a community and earn money?

What is a community, and which communities do you belong to?

Which jobs do people do in a community, and how do they earn money?

How can you take part and contribute to your community?

How do people in a community help each other?

Growing Up: How can we look after our bodies as we grow?

What changes happen to our bodies as we grow?

Which habits help you stay healthy as your body grows and changes?

How can you take responsibility for looking after your body as you grow?

How do your needs change as you get older?

Staying Safe: How can I make safe choices in different places?

What does being safe look like in different places (e.g. home, school, outside)?

How can you recognise risks or dangers in different situations?

How can you take responsibility for your safety and know when to ask for help?

Which safe choices can you make in different places to protect yourself and others?

Key subject skills this term:

Healthy Habits
Healthy Behaviour
Wellbeing
Self-Care

Key subject skills this term:

Positive Relationships
Conflict Resolution
Communication
Responsibility

Key subject skills this term:

Online Communication
Personal Information
Digital Awareness
Online Safety

Key subject skills this term:

Financial Awareness
Participation
Communities
Community Roles

Key subject skills this term:

Growth & Development
Changing Needs
Healthy Habits
Personal Hygiene

Key subject skills this term:

Safe Decision-Making
Personal Safety
Risk Awareness
Help Seeking

KI Kind

CO Collaborators

CM Communicators

TH Thinkers

SA Self-aware

GA Globally aware

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Year 2