

Key Vocabulary

support	The help that those who care for me will give if I need it.
solve	To work through problems and find solutions.
positive	To feel happy about things and have self-belief.
confidence	To believe in yourself and believe you can achieve things.
rest	To recover from periods of hard work.
mood	How we feel when things happen.
instinct	A feeling you get that tells you if something is right or wrong.
failure	When something does not go as expected. This can sometimes lead to new opportunities.

Key Facts

- We learn more from things that go wrong than go right
- Our bodies have evolved to have ways of keeping us away from danger



Key Questions

- Why is being happy important?
- How can failure be a positive thing?
- How do our bodies' instincts keep us safe?

Cross Curricular Learning

Science - exploring the biology of human reactions to things.

PE - learning how to lose well.



Learning Journey

It's OK not to be OK

- To learn what we should do when we're not ok.
- To explain why others may not be ok.
- To describe how "being ok" feels.
- To discuss ways to help others who are not feeling ok.



Feeling Sad

- To explore what sadness is, and how it differs from depression.
- To understand that everyone feels sad at times, and that this is a normal emotion.

The art of failure

- To explain what failure is and understand why it is important.
- To know what to do if I fail at something.
- To explain how we can use failure to drive success.

Fight or flight

- To recognise the "fight or flight" feeling.
- To understand where fight or flight comes from and its purpose.

Year 3

- Stress
- Anger
- Anxiety

Year 1

- Being happy
- Understanding difficult feelings



Learning Journey

Relaxation

- To learn about relaxation and how it can help us.
- To understand how relaxation helps mind and body.
- To explore the link between relaxation and technology, both positive and negative.

Dealing with loss

- Exploring strategies to cope with the loss of loved ones.
- To know who to talk to in the event of a loss.
- To discuss the importance of remembering those who we've lost.
- To know that everybody deals with grief differently.

Happiness

- To know what makes us happy and how that feels.
- To know that happiness is important and that being happy can affect me and those around me.

Personal goal setting

- To understand what personal goals are and why they are important.
- To know how to set personal goals.

