

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Community Cam <i>Support others.</i> <i>Appreciate each other.</i> Golden Hands Children vote/nominate each other and explain why their choice deserves recognition. Democracy	Mindful Mo <i>Believe in yourself</i> <i>Be kind.</i> Meditation Children to have opportunities in the school day to meditate making use of Calm.com school resources. Include reflection on respecting other people's beliefs and different ways of finding peace and calm. Individual liberty	Engagement Eric <i>Think for yourself.</i> <i>Ask Questions</i> Work together Whole school taskmaster afternoon. Work in house teams. Have set challenges to complete in mixed age groups. Challenges to involve communication, problem solving and out of the box thinking. Include agreed rules and discuss why fairness, taking turns and following rules are important. Rule of Law	Independent India <i>Be brave</i> <i>Trust yourself</i> Try something new Whole school homework project to share a hobby/game/sport that others might not know about and create a 1 page guide to encourage others to try it. Encourage children to share activities from their family, culture or community. Tolerance of different faiths and beliefs	Possibilities Parker <i>Try something new.</i> <i>Keep going.</i> Our Future Homework project. What will the future look like? Future jobs, technology, homes etc. What rules and values would make it fair for everyone. Use art to present – draw or make a model. Democracy	Celebrations of all. Record of Achievement All children to complete a certificate for themselves for something they are proud they have achieved this year. Encourage children to celebrate their own individuality as well as the achievements of others. Individual Liberty
Mental Health focus – Connect <i>There's been lots of research about the effects of taking part in social and community life. Some studies have shown that people who help others are more likely to rate themselves as happy.</i> Mix it up sessions Share a book and	Mental Health focus – Feel <i>Reminding yourself to take notice can help you to be aware of how you're feeling. It can help you understand what triggers your feelings of stress or anxiety.</i> <i>Some studies have shown that savouring 'the moment' can also</i>	Mental Health focus – Learn and Create/Play <i>We're always learning new things – often without realising it. Feeling like you're learning and developing can boost your self-esteem.</i> <i>And sometimes, setting goals can help you to feel more productive and more in control of your life.</i> Play and create Children to have play leaders (sports or student leaders?) to take small groups for old school playground games, story times, colouring at playtimes.	Mental Health focus – Do <i>Many people find that physical activity helps them maintain positive mental health.</i> <i>This doesn't have to mean running marathons or training every day at the gym. There are lots of different things you can do to be a bit more active.</i>		

a chat sessions in our house teams once a week. Parent interviews Homework project – interview a family member about their childhood. What was the same and what was different?	<i>help you to feel more positive about life.</i> Feelings journals All children to have a feelings tracker to take home. Nature moments Activities to relax and be calm in nature shared with children and an opportunity to use these. Eg. Cloud watching, bird watching, being bare foot on the grass etc. https://healingforrest.org/2020/11/27/mindfulness-activities-exercises-groups/ https://childsplayabc.wordpress.com/2022/06/27/nature-therapy-and-mindfulness/		<i>Studies have shown that getting active can help you sleep better, have happier moods, and reduce feelings of stress, anxiety and racing thoughts</i> Let's get active competition. Each class has the let's get active calendar's for these months and work to get them all completed.	
Each term there will be an assembly linked to the super power and the way of well being.				
All Super Friends to be linked to within lessons. Certificates to be given to children chosen for termly assembly				