

# Emotional Health Curriculum



## EYFS

MYSELF		
My Emotions	My Rights	My Learning
<p>Can I say how I feel? Do I know my likes and dislikes? Can I identify my emotions? Do I know that my emotions are a part of me? Can I manage my emotions? Do I know what I am good at? What happens if I lose a toy? How can I deal with not finding a toy? Can I tolerate a delay in meeting my needs? I can talk about how others and I show feelings. I can talk about my own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. I can work as part of a group or class, understand and follow the rules. I can adjust my behaviour to different situations, and take changes of routine in my stride.</p>	<p>What makes me feel safe? Where do I feel safe? Whom do I ask for help if I don't feel safe? Who makes me feel loved? How do my carers show me love? How should we treat each other?</p>	<p>Can I follow instructions? Can I play with my friend? What is good behaviour? How do I show good listening? What is my best piece of work? Can I wait for a better reward? – Metacognitive knowledge to succeed in delay of gratification Can I complete some task independently? Can I concentrate for 5 minutes unsupervised? I am confident to try new activities and say why I like some activities more than others. I am confident to speak in a familiar group, will talk about my ideas, and will choose the resources I need for my chosen activities. I can say when I do or don't need help. I can follow instructions involving several ideas or actions. I can answer 'how' and 'why' questions about my experiences and in response to stories or events.</p>
Suggested book list	Suggested book list	Suggested book list
<ul style="list-style-type: none"> <li>The Colour Monster by Anna Llenas</li> <li>The Colour Monster Pop-Up by Anna Llenas</li> <li>The Colour Monster Goes to School by Anna Llenas</li> <li>Tiger has a Tantrum by Sue Graves</li> </ul>	<ul style="list-style-type: none"> <li>The Invisible String by Patrice Karst</li> <li>The Crayon Box that Talked by Shane Derolf</li> <li>Kind by Alison Green</li> <li>One Family by George Shannon</li> <li>We are Family by Patricia Hegarty</li> <li>A Family is a Family is a Family by Sara O'Leary</li> <li>The Boy Who Loved Everyone by Jane Porter</li> </ul>	<ul style="list-style-type: none"> <li>Maybe...by Chris Haughton</li> <li>Follow Me, Flo! by Jarvis</li> <li>Clark the Shark by Bruce Hale</li> <li>What if Everybody Did That? by Ellen Javernick</li> <li>The Carrot Seed by Ruth Krauss</li> <li>Fly, Tiger, Fly! by Rikin Parekh</li> <li>Almost Anything by Sophy Henn</li> </ul>

<ul style="list-style-type: none"> <li>• Hands are not for Hitting by Martine Agassi</li> <li>• Feet are not for Kicking by Elizabeth Verdick</li> <li>• Teeth are not for Biting by Elizabeth Verdick</li> <li>• Voices are not for Yelling by Elizabeth Verdick</li> <li>• Howard B. Wigglebottom Learns to Listen by Howard Binklow</li> <li>• The Squirrels Who Squabbled by Rachel Bright and Jim Field</li> <li>• Tidy by Emily Gravaett</li> <li>• Little Tree by Loren Long</li> <li>• The Day You Begin by Jacqueline Woodson</li> <li>• Jeremy Worried about the Wind by Pamela Butchart</li> <li>• You Can! by Alexandra Strick</li> <li>• Blue by Sarah Christou</li> <li>• Grumpy Hat by Nicola Kent</li> <li>• What if, Pig? by Linzie Hunter</li> <li>• Sometimes I'm a Baby Bear, Sometimes I'm a Snail by Moira Butterfield</li> <li>• We Feel Happy by Katie Abey</li> <li>• Find Your Happy by Emily Coxhead</li> <li>• How do you Feel? by Lizzie Rockwell</li> <li>• My Pet Star by Corrinne Averiss</li> <li>• Super Duper You by Sophy Henn</li> </ul>		<ul style="list-style-type: none"> <li>• I Try by Susie Brooks</li> </ul>
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MY SURROUNDINGS

My Relationships

My Safety

What is a family?  
 Who is my family?  
 What is a friend?  
 Who are my friends?  
 Who cares for me?

What is a stranger?  
 What should I do if I get lost?  
 Whom should I speak to if I don't feel safe?  
 How can I keep myself safe at school?

<p>Why is this important?  How do my friends and family make me feel?  How can I be a good friend?  How can I help my carers?  Whom can I ask for help?  Can I leave a situation when angry? (Prompted by an adult)  How can I share with others?  Can I take it in turns?  Can I begin to solve problems with my friends?  What should I do if my friend says no?  Can I cooperate with my friends fairly?  Can I engage in cooperative play?  I can play cooperatively, and take turns with others  I can take account of one another's ideas about how to organise an activity  I can show sensitivity to others' needs and feelings I can form positive relationships with adults and other children</p>	
Suggested book list	Suggested book list
<ul style="list-style-type: none"> <li>• One Family by George Shannon</li> <li>• We are Family by Patricia Hegarty</li> <li>• A Family is a Family is a Family by Sara O'Leary</li> <li>• How to Spot a Best Friend by Bea Birdsong</li> <li>• My Best Friend by Julie Fogliano</li> <li>• The Kindness Book by Todd Parr</li> <li>• Kindness Makes Us Strong by Sophie Beer</li> <li>• Colin &amp; Lee Carrot &amp; Pea by Morag Hood</li> <li>• Fill a Bucket: A Guide to Daily Happiness for Young Children by Carol McCloud</li> <li>• Should I Share my Ice Cream? by Mo Willems</li> <li>• Can I play too? by Mo Willems</li> <li>• Llama Llama Time to Share by Anna Dewdney</li> <li>• The Rabbit Listened by Cori Doerrfeld</li> <li>• Taffy and the Tapir Party by Matthew Cox</li> </ul>	<ul style="list-style-type: none"> <li>• This is How We Stay Safe by DK</li> <li>• The Safety Book – Strangers and Dangers by Yael Feder</li> </ul>
<b>MY BELONGING</b>	
<b>My Community</b>	<b>My Community</b>
<p><i>Nursery:</i> My family. Who do I live with? Who keeps me safe?  <i>Reception:</i> What are our cultural backgrounds?</p>	<p><i>Nursery:</i> How do we look after something/someone we love?  <i>Reception:</i> How do we care for living things? Humans/Plants/Animals</p>
Suggested book list	Suggested book list

*Nursery:*

- One Family by George Shannon
- We are Family by Patricia Hegarty
- A Family is a Family is a Family by Sara O'Leary
- Families by Shelley Rotner

*Reception:*

- Hats of Faith by Medeia Cohan-Petrolino
- It's Okay To Be Different by Todd Parr
- The Colour of Us by Karen Katz

*Nursery:*

- The Kindness Book by Todd Parr
- Kindness Makes Us Strong by Sophie Beer
- The Rabbit Listened by Cori Doerrfeld

*Reception:*

- Somebody Swallowed Stanley by Sarah Roberts
- Clem and Crab by Fiona Lumbers
- Look After Us by Rod Campbell

# Year 1

MYSELF		
My Emotions	My Rights	My Learning
<p>Can I explain how I feel using words and pictures?            Can I explain how others feel using words and pictures?            How can I make myself feel calm?            What are my fears?            How can I overcome my fears?            Can I describe my likes or dislikes?            What are my strengths?            What emotions do I feel when I am kind or unkind?            How do I feel when someone is kind or unkind to me?</p>	<p>What are my basic rights as a child? Food, shelter, love, education, safety            Which people make sure I am looked after?            Whom can I speak to if I am not looked after?            Who are my school leaders?            Why do we have leaders?            How can I voice my idea?            Why do we have rules?            Which rules are important at school?</p>	<p>What helps me learn?            How can I share my ideas with the teacher?            What should I do if my work is tricky?            When should I ask for help?            What work am I proud of?            What happens if I get work wrong?            Can I concentrate for longer than 5 minutes unsupervised?</p>
Suggested book list	Suggested book list	Suggested book list
<ul style="list-style-type: none"> <li>• Have You Filled A Bucket Today by Carol McCloud and David Messing</li> <li>• The Worrysaurus by Rachel Bright</li> <li>• Ruby's Worry by Tom Percival</li> <li>• Perfectly Norman by Tom Percival</li> <li>• Feelings by Libby Walden</li> <li>• Feelings: A lift-the-flap board book of emotions by Pat-a-Cake</li> <li>• Lost and Found by Oliver Jeffers</li> <li>• The Way I Feel by Janin Cain</li> <li>• The Pigeon HAS To Go To School! by Mo Willems</li> <li>• I Like Myself by Karen Beaumont</li> <li>• Kindness Makes Us Strong by Sophie Beer</li> <li>• Try a Little Kindness: A Guide to Being Better Hardcover by Henry Cole</li> </ul>	<ul style="list-style-type: none"> <li>• Every Child A Song by Marc Martin &amp; Nicola Davies</li> <li>• What If Everybody Did That? Hardcover – Picture Book by Ellen Javernick</li> <li>• Our Emotions and Behaviour: But Why Can't I? by Sue Graves</li> <li>• I Have the Right to be a Child by Alain Serres</li> </ul>	<ul style="list-style-type: none"> <li>• Beautiful OOPS by Barney Saltzberg</li> <li>• Be Who You Are Hardcover by Todd Parr</li> <li>• The Lion Inside by Rachel Bright</li> <li>• My Safety Network: Introducing a Safety Network by Jayneen Sanders</li> <li>• Green by Louise Greig</li> </ul>

<ul style="list-style-type: none"> <li>• The Nice Book Board book by David Ezra Stein</li> <li>• Just Be Yourself, Dragon! by Bianca Schulze</li> <li>• What I Like About Me!:A Book Celebrating Differences by Allia Zobel Nolan</li> <li>• The Sour Grape by Jory John</li> <li>• Beneath by Cori Doerrfeld</li> <li>• Kindness Grows: A Peek-through Picture Book by Britta Teckentrup</li> </ul>		
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**MY SURROUNDINGS**

My Relationships	My Safety
What is a relationship? What different relationships do I have? Why are families important? How are families different? Do all families look the same? How might relationships/family change? Will I have the same friends forever? How can I show respect in different relationships? How can I be a good friend? How can I make friends? How do I feel if someone is unkind to me? Who can I ask for help with my friendships? How can I show respect through using my manners?	What should I do if I get lost? Where do I live? Who are my safe adults? Whom should I speak to if I don't feel safe? What is consent? Why are my private parts private? How do I keep safe on the road? What are the emergency services? What is the role of a police officer, fireman and paramedic? How can I keep myself safe at home? Visit to a Fire Station / Police Station

Suggested book list	Suggested book list
<ul style="list-style-type: none"> <li>• Meesha Makes Friends by Tom Percival</li> <li>• The Family Book Paperback by Todd Parr</li> <li>• Families, Families, Families! by Suzanne Lang</li> <li>• We Are Family Paperback by Patricia Hegarty</li> <li>• Cindy and Panda by Benson Shum</li> <li>• This Rock is Mine! by Kaye Umansky</li> <li>• Bears Don't Share by Lorna Scobie</li> </ul>	<ul style="list-style-type: none"> <li>• Here Come the Helpers by Barbara Bakos</li> <li>• Hello, World! My Body Board book by Jill McDonald</li> <li>• Me and My Amazing Body by Joan Sweeney</li> <li>• Private Parts are Private: Learning private parts are private and what to do if touched inappropriately (Little Big Chats) by Jayneen Sanders</li> <li>• Body Safety Book for Kids: A Children's Picture Book about Personal Space, Body Bubbles, Safe Touching, Private Parts, Consent and Respect by Adrian Laurent</li> </ul>

<ul style="list-style-type: none"> <li>• Love by Corrinne Averiss</li> <li>• A Home for Stone by Corrinne Averiss</li> </ul>	
MY BELONGING	
My Community	My Community
Where do I belong? Can I belong to more than one place?	Who can I help in my family or local community and how?
Suggested book list	Suggested book list
<ul style="list-style-type: none"> <li>• All Are Welcome by Alexandra Penfold</li> <li>• What I Like About Me!: A Book Celebrating Differences by Allia Zobel Nolan</li> <li>• You Can! by Alexandra Strick</li> <li>• Here We Are: Notes for Living on Planet Earth by Oliver Jeffers</li> </ul>	<ul style="list-style-type: none"> <li>• The Neighbourhood Surprise by Sarah van Dongen</li> <li>• Our Class is a Family by Shannon Olsen</li> <li>• Our School is a Family by Shannon Olsen</li> </ul>

# Year 2

MYSELF		
My Emotions	My Rights	My Learning
<p>How do my emotions make me feel?            Which part of my body can I feel the emotion?            Can I recognise how others might be feeling?            Do I know how to keep calm?            Can I explain why I like and dislike something?            Can I name and describe my strengths?            Why do I sometimes feel sad or angry?            Is it ok to feel sad or angry?            How can I make myself feel happier?            How do my emotions change after physical activity?            How do my relationships make me feel?</p>	<p>How should I be treated by others, including adults?            How should I treat others?            Whom can I talk to if I think I'm not being treated fairly?            Why is it important to give my opinion?            Why do we vote?            Can we always vote to make decisions?            Why do we vote for house captains and school councillors?            How can school councillors and house captains help me?            How do rules keep us safe?            What happens if we break rules?</p>	<p>What is good learning?            How can I help a partner?            How can I share my ideas with a friend?            What stops me from learning?            What can I do if I find my learning tricky?            What is problem solving?            How can I work with a partner?            What is a mistake?            Is it ok to make a mistake?</p>
Suggested book list	Suggested book list	Suggested book list
<ul style="list-style-type: none"> <li>• Ravi's Roar by Tom Percival</li> <li>• The Red Beast by Kay Al-Ghani</li> <li>• Feelings by Libby Walden</li> <li>• Fergal is Fuming by Robert Starling</li> <li>• Clark the Shark by Bruce Hale and Guy Francis</li> <li>• In My Heart: A Book of Feelings by Jo Witek</li> <li>• Today I Feel Silly and Other Moods that Make my Day by Jamie Lee Curtis and Laura Cornel</li> <li>• When Sophie Gets Angry- Really Really Angry...by Molly Bang</li> <li>• Soda Pop Head by Julia Cook</li> <li>• A Little Spot of Sadness by Diane Alber</li> <li>• The Grumpy Monkey by Suzanne Lang and Max Lang</li> </ul>	<ul style="list-style-type: none"> <li>• Dreams of Freedom by Amnesty International</li> </ul>	<ul style="list-style-type: none"> <li>• It's Okay to Make Mistakes by Todd Parr</li> <li>• Tilda Tries Again by Tom Percival</li> <li>• Giraffes Can't Dance by Giles Andreae</li> <li>• The Lion Inside by Rachel Bright</li> <li>• The Most Magnificent Thing by Ashley Spires</li> <li>• The Good Egg by Jory John and Pete Oswald</li> <li>• What Do You Do With an Idea? by Kobi Yamada</li> <li>• Elephant Island by Leo Timmers</li> <li>• After the Fall by Dan Santat</li> <li>• Trying by Kobi Yamada</li> <li>• The Magical Yet by Angela DiTerlizzi</li> <li>• Green Green: A Community Gardening Story by Marie Lamba</li> </ul>



- Cool Down and Work Through Anger by Cheri J. Meiners
- What's That Look on Your Face All About? by Catherine Snodgrass
- The Listening Walk by Paul Showers
- Elmer by David McKee
- Hattie Harmony: Worry Detective by Elizabeth Olsen and Robbie Arnett
- When Sadness is at Your Door by Eva Eland
- Catching Thoughts by Bonnie Clark
- The Worry Jar by Lou John

MY SURROUNDINGS

My Relationships

My Safety

What is a healthy relationship?  
 Why is it important to spend time with my family?  
 What are the relationships between my family members?  
 Do all families look the same?  
 What are the characteristics of a good friend?  
 How do I know if a relationship is making me feel unhappy or unsafe?  
 Whom can I ask for help if a relationship is making me feel unhappy or unsafe?  
 How can I show appropriate affection in different relationships?  
 How might I feel if relationships/family change?  
 How can I resolve problems within my relationships?  
 How can I use my manners to show courtesy?  
 What behaviour constitutes bullying?  
 How can I ask for help with bullying?  
 How might bullying make me feel?  
 How should I behave at home?

What should I do when an adult I don't know approaches me?  
 Who is it safe to play with?  
 Whom should I speak to if I don't feel safe?  
 How do I keep safe in the sun?  
 How do I keep myself safe at the seaside?  
 What should I do in the event of a fire or medical emergency?  
 Visit from a paramedic  
 What information, including online, should I share with others?  
 What is the internet?  
 When should I access the internet?  
 Who can I speak to if I am worried about the internet?  
 To know my private parts are for myself  
 Why is consent important?  
 What is a secret?

Suggested book list

Suggested book list

- Milo's Monster by Tom Percival
- The Squirrels Who Squabbled by Rachel Bright

<p>The Invisible Boy by Trudy Ludwig</p> <ul style="list-style-type: none"> <li>• My Family, Your Family: Let's talk about relatives, love and belonging by Laura Henry-Allain MBE</li> <li>• All Kinds of Families by Sophy Henn</li> <li>• Love Makes a Family by Sophie Beer</li> <li>• The Grouchy Ladybug by Eric Carle</li> <li>• The Bad Seed by Jory John</li> <li>• Monty the Manatee: A book about kindness and anti-bullying by Natalie Pritchard</li> <li>• Giraffe is Left Out by Sue Graves</li> <li>• The Pirates Next Door by Johnny Duddle</li> <li>• The Pirate Mums by Jodie Lancet-Grant &amp; Lydia Corry</li> <li>• My Big Fantastic Family by Adam &amp; Charlotte Guillain &amp; Ali Pye</li> <li>• Two Places to Call Home by Phil Earle &amp; Jess Ross</li> <li>• Hunter's Best Friend at School by Laura Malone Elliott</li> <li>• A Bad Case of Stripes by David Shannon</li> </ul>	
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MY BELONGING

My Community

My Community

Which languages do I speak or understand? Do I belong to a particular faith group or community?

How can we improve our school environment? Who or what can help us with this?

- Suggested book list
- All Are Welcome by Alexandra Penfold
  - We All Belong: A Children's Book About Diversity, Race and Empathy by Nathalie Goss

- Suggested book list
- Speak Up! Paperback by Nathan Bryon
  - Change Sings: A Children's Anthem by Amanda Gorman
  - Green Green: A Community Gardening Story by Marie Lamba

# Year 3

MYSELF		
My Emotions	My Rights	My Learning
What activities make me feel good about myself? How is food connected to my emotions? Am I comfortable with feeling different emotions? How do my emotions change throughout the day? What are the causes of my emotions? Can I recognise when I need to use strategies to manage my emotions? What are strong emotions? How do strong emotions affect my behaviour? In what situations do I get strong emotions? How are my emotions linked to my relationships? Where can I feel my emotions when someone is kind or unkind to me?	Who does my body belong to? What are my rights within my accommodation? Whom can I talk to if I am concerned about my accommodation? What is a citizen? Are all citizens entitled to the same rights in Jersey? How should we vote fairly for house captains and school councillors? What is their role? Who makes rules? Why do we follow rules in school? Why do rules have consequences? Should my carers follow rules?	What are powerful learning words? What is helpful/ unhelpful talk? How can I share my learning with a group? What helps me to concentrate? What helps you learn at your best? Do we learn more by getting things wrong or right? What stops you from making progress? How does learning make you feel? How can I work effectively in a team? What happens when I make a mistake? How does solving a problem make you feel? What does successful learning look like? What should I do if my learning is too easy?
Suggested book list	Suggested book list	Suggested book list
<ul style="list-style-type: none"> <li>• Worry Says What by Allison Edwards</li> <li>• What to Do When You Worry Too Much by Dawn Huebner</li> <li>• The Huge Bag of Worries by Virginia Ironside</li> <li>• When My Worries Get too Big by Kari Dunn Buron</li> <li>• How Big Are You Worries Little Bear? by Jayneen Sanders</li> <li>• Hey Warrior! by Karen Young</li> <li>• What Should Danny Do by Ganit and Adir Levy</li> <li>• Even Superheroes Have Bad Days by Shelly Baker</li> <li>• No, No, Gnome by Ashlyn Anstee</li> </ul>		<ul style="list-style-type: none"> <li>• Ish by Peter H. Reynolds</li> <li>• The Magical Yet by Angela DiTerlizzi</li> <li>• The Dot by Peter H. Reynolds</li> <li>• I Can't Find My Whatchamacallit! by Julia Cook</li> <li>• Quiet Please, Owen McPhee! by Trudy Ludwig</li> <li>• Lubna and Pebble by Wendy Meddour</li> <li>• The Curious Garden by Peter Brown</li> <li>• That Fruit is Mine by Anuska Allepuz</li> <li>• Boxitects Hardcover by Kim Smith</li> <li>• Anything Is Possible Hardcover by Giulia Belloni</li> <li>• The Book of Mistakes Hardcover by Corinna Luyken</li> </ul>

- What if Everybody Did That? by Ellen Javernick, Colleen M. Madden
- Pete The Cat and his Magic Sunglasses by Kimberly and James Dean
- On Monday When It Rained by Cherryl Kachenmeister
- Mindful Me by Vanessa Rupchand
- Help Your Dragon Deal With Change: Train Your Dragon To Handle Transitions by Steve Herman
- My Calm Me Down Book by Trace Moroney

MY SURROUNDINGS

My Relationships

What is a family? (love, stability, security)  
 Who is my extended family?  
 What is a healthy family life?  
 Do all families live together?  
 Are all parents married?  
 What do all families have in common?  
 What is trust?  
 How can I make others feel welcome?  
 How can I manage my emotions if my relationship/family changes?  
 How do my friendships make me feel?  
 What strategies can I use to improve my relationships?  
 How do my actions affect my relationships?  
 What is fair and unfair in relationships?  
 Is it ok to argue with my siblings?  
 Is it ok to tell lies?  
 What is the difference between physical and verbal bullying?  
 How can bullying and teasing affect others?  
 What can I do if someone is being bullied?  
 How should I behave with visitors?  
 How can I show respect to different adults?  
 What is loneliness?  
 What can I do to help if I feel lonely?

My Safety

Which adults can I trust?  
 How do I know if I can trust an adult?  
 Why do adults sometimes make decisions I don't like?  
 How do I keep myself safe in a public place such as a park?  
 Whom should I speak to if I don't feel safe?  
 How do I keep safe on the road?  
 When is it appropriate to call the police? Visit from a police officer  
 What is Childline?  
 How can child line help me if I feel unsafe?  
 Why is the internet important?  
 How can I use the internet safely?  
 How do I show my consent within a relationship?  
 What is the difference between a secret and a surprise?  
 What does consent look like online?  
 What is cyber bullying?  
 Whom can I contact if I am concerned about cyber bullying?  
 How does cyberbullying impact someone's health?

<p>Suggested book list</p> <ul style="list-style-type: none"> <li>• The Hugging Tree by Jill Neimark</li> <li>• Chrysanthemum by Kevin Henkes</li> <li>• Potato Pants by Laurie Keller</li> <li>• We don't eat our classmates! by Ryan T. Higgins</li> <li>• When I Feel Jealous by Cornelia Maude Spelman</li> <li>• People Need People: An uplifting picture book poem by Benjamin Zephaniah</li> <li>• That's Not Fair!: A Book About How Fair Is Not Always Equal by Courtney Butorac</li> <li>• The Boy, the Mole, the Fox and the Horse by Charlie Mackesy</li> <li>• Big Panda and Tiny Dragon by James Norbury</li> </ul>	<p>Suggested book list</p> <ul style="list-style-type: none"> <li>• Troll Stinks! by Jeanne Willis &amp; Tony Ross</li> </ul>
<p>MY BELONGING</p>	
<p>My Community</p>	<p>My Community</p>
<p>What are my core values/beliefs? How does this affect my choices?</p>	<p>Who in our local community needs help and support and why?          Which local charities support people in need?          What people do you know that have made a difference to improving the lives of others?</p>
<p>Suggested book list</p>	<p>Suggested book list</p>

# Year 4

MYSELF		
My Emotions	My Rights	My Learning
<p>Can I understand more complex emotions in myself and in my body?            Can I differentiate between emotions that feel positive or difficult?            What is mental wellbeing?            How is my mental wellbeing linked to my emotions?            Can I recognise strengths in others?            What are my goals for the future?            How can I work on areas I am less confident in?            What does pressure mean?            What makes me feel stressed?            How do stressful situations make me feel?            How are my emotions linked to my learning?            How can physical activity help me to manage stress?</p>	<p>Who should meet my basic rights?            Is it ok for an adult in school to treat me differently?            How are basic rights the same across the world?            Who leads the Island?            How does the Island decide who leads?            What happens at the States Chamber?</p>	<p>How do positive thoughts affect your brain?            Who is responsible for your learning?            What things do you share responsibility for with others?            How does your health impact your learning?            How can I refocus if I am feeling fatigued?            What will make me an independent learner?            How do I ensure everyone gets a role within team work?            Why is problem solving important?            What tools can I use to solve a problem?            How can I improve my learning?            What is the difference between learning that is a bit tricky and too difficult?            What questions should I ask whilst learning?            How will reflecting on my learning help me to have success in the future?</p>
Suggested book list	Suggested book list	Suggested book list
<ul style="list-style-type: none"> <li>• I Can Handle It by Laurie Wright</li> <li>• I Can Do That by Kayla Marnach</li> <li>• Listening to My Body by Gabi Garcia</li> <li>• Visiting Feelings by Lauren Rubenstein</li> <li>• The Problem with Problems by Rachel Rooney</li> </ul>		<ul style="list-style-type: none"> <li>• The Whatifs by Zoe Persico</li> <li>• Catching Thoughts by Bonnie Clark</li> <li>• Spin by Rebecca Janni</li> <li>• Preston's positive thoughts by Jenelle French</li> <li>• The Awfulizer by Kristin Maher</li> <li>• The Magic is Inside You: Positive Thinking for Confident Children by Cathy Domoney</li> <li>• The Couch Potato by Jory John &amp; Pete Oswald</li> <li>• Finding Her Feet by Eve Ainsworth &amp; Luna Valentine</li> </ul>
MY SURROUNDINGS		
My Relationships	My Safety	
<p>How do families support us?            What is respect?            What does respect look like within different relationships?            Is it ok for my friends to make different choices?            What does it mean to respect yourself?            Why is self-respect important?</p>	<p>What should I do if I get lost on public transport?            Can I always trust other children?            Whom should I speak to if I don't feel safe?            How do I keep safe in the sun?            What is a lifeboat?            How do I keep myself safe around water?</p>	

<p>How does self-respect make me feel?  Who can I get support from if someone is being disrespectful to me?  What is peer pressure?  How can I resist peer pressure?  Why is consent important within my relationships?  What is cyber-bullying?  How can bullying affect someone's future?  Do I have to be friends with everyone?  How can I manage conflict within my relationships?  Who can I ask for support with my friendships?  How can I avoid conflict with my siblings?  Why is it important to show respect to people in positions of authority?  How should I behave on a school visit?</p>	<p>What are the dangers of electrics?  What should I do in the event of a fire?  Visit from the fire services  What is physical abuse?  Whom can I speak to if I am concerned about abuse?  Are online gaming and YouTube always safe?  Why are there age restrictions?  How are online relationships different to face-to-face relationships?  How can I be respectful whilst online?  How do my online relationships make me feel?  What information about myself should I share with my friends?</p>
<p>Suggested book list</p>	<p>Suggested book list</p>
<ul style="list-style-type: none"> <li>• The Circles All Around by Brad Montague</li> <li>• Gone Fishing by Tamera Will Wissinger</li> <li>• I'm Sorry by Michael Ian Black</li> <li>• The Invisible Boy Hardcover by Trudy Ludwig</li> <li>• The Buddy Bench Hardcover by Patty Brozo</li> </ul>	
<p><b>MY BELONGING</b></p>	
<p><b>My Community</b></p>	<p><b>My Community</b></p>
<p>What are the differences between people's ethnicity, culture, age, religious beliefs, gender? What are the similarities?</p>	<p>What is a global disaster? What types of disasters have taken place globally? How have they affected people/communities/societies physically and emotionally?  How can we support those affected?</p>
<p>Suggested book list</p>	<p>Suggested book list</p>
<ul style="list-style-type: none"> <li>• No Difference Between Us by Jayneen Saunders</li> <li>• Welcome to Our World: A Celebration of Children Everywhere! by Harriet Lynas &amp; Moira Butterfield</li> <li>• Morris Micklewhite and the Tangerine Dress by Christine Baldacchino and Isabelle Malenfant</li> <li>• Tough Guys Have Feelings Too by Keith Negley</li> <li>• No Difference Between Us: Teach children gender equality, respect, choice, self-esteem, empathy, tolerance, and acceptance by Jayneen Sanders</li> </ul>	<ul style="list-style-type: none"> <li>• There's a Rang-Tan in My Bedroom by James Sellick &amp; Frann Preston-Gannon</li> <li>• Little Turtle and the Sea by Becky Davies &amp; Jennie Poh</li> <li>• My Name is Not Refugee: by Kate Milner</li> <li>• Clean Up! by Nathan Bryon</li> </ul>

# Year 5

MYSELF		
My Emotions	My Rights	My Learning
<p>How does stress impact me and others?            How has the emotional experience made me feel?            What is happening inside my body when I experience different emotions?            How is my mental wellbeing linked to my learning?            What are my strengths and positive characteristics?            Will I always be the best at everything?            What is mental health?            How does mental health impact my learning?            How does my hygiene impact my emotional health?            What are my differing abilities?</p>	<p>Is being heard my right?            Are all countries able to meet the basic rights of their citizens?            What is violence?            What do I if I witness violence?            How does the law keep us safe?            What are the consequences of breaking the law?            Is the law different for adults and children?            How are decisions made by parliament?            What is a stereotype?            How can stereotypes be unfair, destructive or negative?            Who does my body belong to?</p>	<p>What is my comfort zone, challenge zone and danger zone within learning?            What is metacognition?            How can an awareness of my cognition improve my learning?            How does problem solving improve my learning?            How do I feel within the different zones?            What does success feel like?            How does teamwork impact upon my learning?            What motivates my learning?            How can I take an active role in group work?            What are my learning tools?            Why is effort important?</p>
Suggested book list	Suggested book list	Suggested book list
<ul style="list-style-type: none"> <li>• Small Things by Mel Tregonning</li> <li>• Me and My Fear by Francesca Sanna</li> <li>• Night Shift by Debi Gliori</li> <li>• All The Things That Could Go Wrong by Stewart Foster</li> <li>• Not My Fault by Cath Howe</li> <li>• An Emotional Menagerie by The School of Life</li> <li>• Why Do I Feel Like This? by Shinsuke Yoshitake</li> <li>• Happy From Head to Toe: A journey through the body to help you find your happy by Fearne Cotton</li> <li>• The Fantastic Book of Feelings: A Guide to Being Happy, Sad and Everything In-Between! by Marcia Williams</li> <li>• What's Going On Inside My Head?: A Let's Talk picture book to start conversations with your child about positive mental health - Let's Talk by Molly Potter</li> <li>• What is Mental Health? Where does it come from? And Other Big Questions - And Other Big Questions by Lucy Maddox</li> </ul>	<ul style="list-style-type: none"> <li>• Freedom, We Sing by Amyra León &amp; Molly Mendoza</li> <li>• Julian is a Mermaid by Jessica Love</li> <li>• The Proudest Blue by Ibtihaj Muhammad</li> <li>• The Colour of Home by Mary Hoffman</li> <li>• This Is How We Do It by Matt Lamothe</li> <li>• Migrants by Issa Watanabe</li> </ul>	<ul style="list-style-type: none"> <li>• I Can't Do This by KJ Walton</li> <li>• Luigi and the Barefoot Races by Dan Paley</li> <li>• Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah by Laurie Ann Thompson</li> </ul>



MY SURROUNDINGS

My Relationships

What are the characteristics of a healthy family?  
 What is important in a family?  
 How do I know who to trust?  
 When is it ok to keep a secret?  
 Do I need to have the same beliefs as my friends? (religious, dietary, etc)  
 What is tolerance?  
 Are friendships important?  
 How can I seek support if I feel isolated?  
 What are the boundaries within my friendships?  
 How does consent impact my relationships?  
 How do others feel when they are excluded?  
 Who can I ask for help if I am excluded?  
 What is emotional bullying?  
 What are the impacts of emotional bullying?  
 What is the responsibility of a bystander during bullying?  
 What is mutual respect?  
 Why do relationships sometimes break down?  
 Do men and women have to marry?  
 Why do some married couples separate or get divorced?  
 What are the positive and negative impacts or separation?  
 How should I behave on public transport?

My Safety

How should I respond to strangers? -Metropolitan Police workshops - Stranger Danger – Tate and Lyle  
 What is radicalisation? Whom can I speak to if I am concerned about radicalisation? PREVENT workshops  
 What is a gang? Whom can I speak to if I am concerned about radicalisation? Metropolitan Police  
 Whom should I speak to if I don't feel safe?  
 How do I keep safe on my bike or scooter? Bikeability  
 What is emotional abuse and neglect?  
 Whom can I speak to if I am concerned about abuse?  
 What information should I share on the internet?  
<https://www.thinkuknow.co.uk/professionals/resources/jigsaw/jigsaw/>  
 How do I know how to trust online?  
 How can I report concerns about whom I am talking to online?  
 What is 'the cloud'?  
 What happens to an image or piece of information once I've sent it to someone?  
 How can I manage my emotions whilst online?  
 Is all the information on the internet factual?

Suggested book list

- Wonder by R.J. Palacio
- How To Be More Hedgehog by Anne-Marie Conway
- Fuzzy Mud by Louis Sachar
- Ella on the Outside by Cath Howe
- The Song From Somewhere Else by A.F. Harrold & Levi Pinfold
- You, Me and Empathy: Teaching children about empathy, feelings, kindness, compassion, tolerance and recognising bullying behaviours by Jayneen Sanders

Suggested book list

MY BELONGING

My Community

What is prejudice and how does it create divisions between people and societies/communities?

My Community

What are the inequalities within our local community/area? How can we close the gap? How can we actively make a difference?

Suggested book list

Suggested book list

- The Island by Armin Greder
- The Arrival Hardcover by Shaun Tan
- The Boy At the Back of the Class by Onjali Rauf
- Can You See Me? by Libby Scott

- It's a No-Money Day by Kate Milner
- The One with the Scraggly Beard by Elizabeth Withey
- The Old Man by Sarah V. & Claude K. Dubois

# Year 6

MYSELF		
My Emotions	My Rights	My Learning
<p>What is mental ill health?            What can I do to improve my mental health?            Who can I speak to if I am concerned about my mental health?            What is anxiety?            What causes anxiety?            Is anxiety 'normal'?            How can I overcome my anxieties?            What are self-regulation tools?            Why are self-regulation tools important?            Can I use my self-regulations tools?            How can mental health conditions affect me?            How can mental health conditions affect others?            How can we support others with mental health conditions?            How are my physical and mental health connected?</p>	<p>What are my rights as a child?            Can I always trust people in positions of authority?            Whom can I ask for help if I do not trust someone in a position of authority?            Will my rights change as I get older?            Is every country run the same?            What is the difference between a democracy and a dictatorship?            Is everyone entitled to vote?            How has the government made an impact upon today's society?</p>	<p>What is happening in my body when I am learning?            How does my health enhance or support this?            What helps me to learn?            Are you challenging yourself? How do you know?            Why is emotional resilience important?            Can I recall a time when I had to persevere?            How do my emotions change whilst solving problems?            How do I develop my cognitive thinking skills?            What can I learn from my mistakes?            Why do we test learning?            How do I stay calm and relaxed in test situations?</p>
Suggested book list	Suggested book list	Suggested book list
<ul style="list-style-type: none"> <li>• The Deepest Breath by Meg Grehan</li> <li>• Growing Pangs by Kathryn Ormsbee</li> <li>• Dear Student by Elly Swartz</li> <li>• Starfish by Lisa Fipps</li> <li>• Fish in a Tree by Lynda Mullaly Hunt</li> <li>• Stanley Will Probably Be Fine by Sally J. Pla</li> </ul>	<ul style="list-style-type: none"> <li>• The Breadwinner by Deborah Ellis</li> <li>• A Long Walk to Water by Linda Sue Park</li> </ul>	<ul style="list-style-type: none"> <li>• The Girl Who Rowed the Ocean by Alastair Humphreys</li> <li>• The Boy Who Harnessed the Wind by William Kamkwamba</li> <li>• Black Dog by Levi Pinfold</li> <li>• You Are Awesome by Matthew Syed</li> </ul>
MY SURROUNDINGS		
My Relationships	My Safety	
<p>What is the definition of a family?            How can I show tolerance and respect within my relationships?            How should I behave in different settings?            What is grooming?            Whom can I speak to if I am concerned about grooming?            Is there a difference between being a friend and being friendly?            Can you buy love and friendship?            What is appropriate touch within different relationships?</p>	<p>How can I keep myself safe on public transport? TFL            What is radicalisation? Whom can I speak to if I am concerned about radicalisation? PREVENT workshops            What is a gang? Whom can I speak to if I am concerned about radicalisation? Metropolitan Police            What is knife crime?            How can I keep myself safe on the street? <a href="https://www.knifefree.co.uk/">https://www.knifefree.co.uk/</a>            Whom should I speak to if I don't feel safe?</p>	

<p>Why is permission seeking within relationships important?  How can negotiation and compromise support a healthy relationship?  What does it mean to make a positive sacrifice within a relationship?  How can I judge who to trust and not trust?  How do healthy emotions change throughout the day?  What is love?  What different types of love will I experience?  What are the British laws regarding marriage?  What is the cultural difference within marriage?  How do cultural differences compare to religious differences within marriage?</p>	<p>How do I keep safe on my bike or scooter? Bikeability  How can I recognise different types of abuse?  How can I speak if I am concerned about abuse?  Who can I trust on the internet?  How can I keep myself safe on social media?  What are the risks of building relationships online?  Is the data I send secure?  Can I retrieve an image or piece of information once it has been sent?</p>
<p>Suggested book list</p>	<p>Suggested book list</p>
<ul style="list-style-type: none"> <li>• Drama Paperback by Raina Telgemeier</li> <li>• Matilda by Roald Dahl</li> </ul>	<ul style="list-style-type: none"> <li>• No More Knives or County Lines by Christina Gabbittas</li> <li>• Petra's Power to See: A Media Literacy Adventure by Educate and Empower Kids</li> </ul>
<p>MY BELONGING</p>	
<p>My Community</p>	<p>My Community</p>
<p>What are stereotypes? How does discrimination affect people of different ethnic/cultural backgrounds, abilities, disabilities, gender and age?</p>	<p>What does it mean to volunteer?  How can we make a difference globally?</p>
<p>Suggested book list</p>	<p>Suggested book list</p>
<ul style="list-style-type: none"> <li>• Butterfly Child by Marc Majewski</li> <li>• The Turbulent Term of Tyke Tiler by Gene Kemp</li> <li>• The Dream Team: Jaz Santos vs. the World by Priscilla Mante</li> <li>• Front Desk by Kelly Yang &amp; Maïke Plenzke</li> <li>• El Deafo by Cece Bell</li> <li>• The Boy in the Dress by David Walliams &amp; Quentin Blake</li> </ul>	<ul style="list-style-type: none"> <li>• The Lost Whale by Hannah Gold &amp; Levi Pinfold</li> <li>• The Last Bear by Hannah Gold &amp; Levi Pinfold</li> <li>• Hurricane: My Story of Resilience by Salvador Gómez-Colón</li> <li>• Song of the River by Gill Lewis</li> <li>• City of Rust by Gemma Fowler</li> <li>• Song of the Dolphin Boy by Elizabeth Laird</li> <li>• The Lost Words by Jackie Morris and Robert MacFarlane</li> <li>• Dear Greenpeace by Simon James</li> </ul>