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| **Term 4**  **Anxiety Cognitive Behaviour Therapy and Transition** | | |
| **Year group** | **Week** | **Learning Objective:** |
| **Reception** | **Throughout the year** | **Will be met in all aspects in the early years framework. In addition to this the children will:**  Have small circle times when needed to address the needs of the children  Photos of family around the classroom to manage home school relations |
| **Year 1** | 1 | I understand that I have feelings |
| 2 | I can name some of my feelings |
| 3 | I can experience calm time |
| 4 | I know that there are places that are more calm than other |
| 5 | I can recognise when I am calm |
| 6 | I can practice some breathing exercises |
| **Year 2** | 1 | Lesson 1: I understand that everyone has feelings |
| 2 | Lesson 2: It helps to talk |
| 3 | Lesson 3: Using our Senses |
| 4 | Lesson 4: Nero the Superhero! |
| 5 | Lesson 5: We can beat this! |
| 6 | Lesson 6: Sleep rest and play |
| **Year 3** | 1 | I can link facial expressions to behaviour and feelings |
| 2 | I can use calming strategies in the classroom and outside at playtime. |
| 3 | I can demonstrate ways that I calm myself using strategies I learnt last year. |
| 4 | I can use role play to practice how to tell someone how I am feeling |
| 5 | I can help some feel better when they are worried |
| 6 | I can learn and practice new ways to calm myself when I feel anxious |
| **Year 4** | 1 | Lesson 1: Our emotions |
| 2 | Lesson 2: How anxiety feels in our bodies |
| 3 | Lesson 3: The Worry Bucket |
| 4 | Lesson 4: It’s good to talk |
| 5 | Lesson 5: The Worry Monster |
| 6 |  |
| **Year 5** | 1 | Lesson 6: Our internal best friend |
| 2 | Lesson 7: Coming to our senses |
| 3 | Lesson 8: Healthy bodies and minds |
| 4 | Lesson 9: The importance of sleep |
| 5 | Lesson 11: Parent and child lesson – the importance of sleep |
| 5 | Lesson 10: Review the learning |
| 6 | Police Drugs Workshop |
| **Year 6**  **(Anxiety in schools term 6)**  **Taken from Healthy me Jigsaw** | 1 | Anxiety and Transition Lesson 1: The first day of school (Term 6) |
| 2 | Anxiety and Transition Lesson 2: Moving up to the big school! (Term 6) |
| 3 | I am motivated to give my body the best combination of food for my physical and emotional health. (Jigsaw 1) |
| 4 | I am motivated to find ways to be happy and cope with life’s situations without using drugs (Jigsaw 2) |
| 5 | I can tell you how I feel about using alcohol when I am older and my reasons for this (Jigsaw 3) |
| 6 | I know how to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen (Jigsaw 4) |
| 7 | I can use different strategies to manage stress and pressure (Jigsaw 6) |