

Health and Well-being - This is an overview of some of the areas your child will be looking at within the statutory PDMU (Personal Developmental and Mutual Understanding) curriculum. The topics highlighted are what each class plan to cover throughout the year. This may help you direct your child to topical books or conversations.

	Learning Objective	Children will understand that breathing can help them to control their emotions when feeling cross, anxious, etc.	Children will recognise the importance of being thankful (guarding against a complaining spirit)	Children will develop good listening skills, recognising that this can help give their brain a 'rest'	Children will recognise that there may be times when they need to 'take a break'	Children will develop skills to help them build their resilience when faced with difficult situations
		Sept/Oct Focus: Breathing	Nov/Dec Focus: Gratitude	Jan/Feb Focus: Listening	March/April Focus: Self-Care	May/June Focus: Resilience
P 1/ P 2	Cycle 1	Hoberman's sphere Introduce this as a calming tool. Visual representation of breathing.	Gratitude walk (take a walk outside and notice things to be thankful for)	Introduce being still and quiet	Give myself a hug	Sesame Street online http://sesamestreetincommunities.org/topics/resilience Videos: Elmo doesn't give up (coat task) Twiddle bugs (take turns)
	Cycle 2	Feather breathing Tummy breathing (teddy)	Thankful hearts	Stopping with the bell (incorporating music)	Arm massage (body break) 'Hot air balloon' (pop your worries away)	Sesame Street online http://sesamestreetincommunities.org/topics/resilience Videos: 'I can be patient/practising patience' Online story: 'Furry Fuzzy Hugs' 'My Super Stars' Knowing there are grown-ups who care for them
P 3-5	Cycle 1	Animal breathing (whale, snake, monkey & lion)	Gratitude for nature Gratitude jar	Ring the bell once (counting breaths)	Seat push ups Thought clouds	Helping Hands

	Cycle 2	Finger breathing (star breathing) Hot air balloon	What would I feel without it?	Guessing game	Palm push	Helping Hands
P 6/ P 7	Cycle 1	Lazy 8s Tumble dryer Washing machine	Gratitude book (personal to each child)	10 step guide to listening	Hand massage	Primary Stars (resilience resource/short film)
	Cycle 2	Shape breathing Back to back breathing	Strengths game	'What can I hear all around me?'	Finger pull The calm bottle	Building resilience (British values PowerPoint)
	Cycle 3	Mirror breathing Shoulder rolling	'Being thankful for a good friend'	Listening to music (focus children's attention to listening for a particular sound/instrument)	The brain (emotional regulation) 'Flipping our lids' Mindful walk	'Bend don't break'