

CHIPSTEAD VALLEY PRIMARY SCHOOL

Wellbeing Curriculum Overview

Reception

Relationships

- How to be a good friend to others
- What to do if someone isn't being a good friend
- Zones of regulation
- Using the names of feelings
- Learning to manage my own behaviour
- Thinking about how conflict can make others feel
- Beginning to learn to independently resolve conflict
- How to manage change when moving to a new class/year group
- Ways to help me to manage my big feelings
- How to share our feelings with a trusted adult
- That people start as a baby, grow to a toddler, a child, teenager, adult and then older

Online Safety

- Safer Internet Day
- Who to speak to if there is something on my screen, that shouldn't be there
- What to do to if there is something on my screen, that shouldn't be there

Keeping Safe

- Keeping Safe Week
- Police visit
- NSPCC Pantasaurus
- Who helps to keep us safe in school, at home and in our communities?
- How to spot a 'friendly stranger' (someone in uniform)
- Who the emergency services are and how to dial 999
- What to do if we feel unsafe or worried

Health and Wellbeing

- What it means to be healthy
- That washing our hands can help to keep ourselves and others healthy
- That keeping active can help to keep us healthy
- That our morning routine is important to make sure we are clean and tidy before school
- That it is important to get a good night sleep, especially before school
- What is mental health?

Equality and Diversity

- What makes me unique and special?
- Thinking of different groups that I belong to e.g. family, clubs, school class
- That different people choose different jobs
- That we can choose what job we would like to do when we grow up

Being a Responsible Citizen

- How we would look after a pet or a plant
- That some people have special jobs in our community e.g. doctors, nurses, vets etc, who care for living things
- What makes our world sad?
- Small things we can do to help save energy and protect our planet
- That money can be used to buy things we need and would like
- That we can only spend what we have in our bank or with our coins and notes
- That coins, notes and bank cards are used to pay for things
- That people receive money for their jobs
- That sometimes plants don't stay alive and the reasons behind this
- What to do if I get lost