

CHIPSTEAD VALLEY PRIMARY SCHOOL Wellbeing Curriculum Overview

Year 2

Relationships

- How kind and unkind behaviour can affect others
- How to be polite and courteous
- How to play and work co-operatively
- How people behave when they are being friendly
- What qualities do we look for in a friend?
- Zones of regulation
- How feelings can affect people in their bodies and their behaviour
- How to resolve arguments
- To know when we are experiencing sensory overload and how we can make adjustments
- How to recognise when we might need help with feelings and how to ask for help
- Managing change to a new year group
- Introducing change and loss

Equality and Diversity

- How we belong to different groups and communities
- Why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable- how to respond in these situations
- How people have different strengths and interests to do different jobs

Keeping Safe

- Keeping Safe Week- Police visit
- NSPCC Pantasaurus
- Basic road, fire, cycle and water safety
- Household safety regarding medicines
- How to tell a trusted adult if we are worried
- That leaving my house without an adult can be unsafe
- Permission regarding physical contact
- How to resist pressure and secrets
- How to identify risky and potentially unsafe situations and steps to take to avoid these

Online Safety

- Safer Internet Day
- How to report bullying or other hurtful online behaviour to a trusted adult
- How rules and restrictions help us to keep safe online
- How people use the internet and digital devices in their jobs and everyday life
- What to do if something comes on the screen that makes me sad or scared
- How to know when to take a break from screen-time

Health and Wellbeing

- That eating and drinking too much sugar can affect our health and teeth
- How to be physically active and how much rest and sleep we should have
- What helps us to feel good or better
- How people change and grow, including needs as we get older
- What is mental health?
- How can we maintain positive mental health?
- How sunshine helps bodies to grow and how to keep safe in the sun
- That different things help our bodies to be healthy

Being a Responsible Citizen

- How people, plants and animals need to be cared for
- What can harm the local and global environment
- How we can take small steps to protect the environment around us
- How jobs help people earn money to pay for things they need and want
- About a range of different jobs that people do in our community