

## CHIPSTEAD VALLEY PRIMARY SCHOOL

### Wellbeing Curriculum Overview

#### Year 4

##### Relationships

- How to manage set-backs and learn from our mistakes- growth mindset
- How to model polite and courteous behaviour and recognise the respectful behaviour we should receive in return
- What makes a healthy friendship and how we make people feel included
- Zones of regulation
- How to respond proportionately to, and manage feelings in different circumstances
- How to access support about our feelings
- How my behaviour can impact others
- How we can be influenced by our peers' behaviour and how to manage this
- Ways of managing feelings at times of loss, grief and change
- How to manage change when moving to a new year group

##### Equality and Diversity

- Why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable
- What is equality and diversity?
- What are discrimination and inclusion?
- That everyone should feel included and respected- how to respond if we are not
- How communities make us all valued

##### Keeping Safe

- Keeping Safe Week- Police visit
- NSPCC Pantasaurus
- That rules and laws help to keep me safe
- How to respond if we become aware that a situation is anti-social or against the law
- About the right to privacy
- That secrets should not make us worried
- Keeping safe in the local environment e.g. rail, water, road, fire, firework, sun
- How to recognise, predict, assess and manage risk in different situations

##### Online Safety

- Safer Internet Day
- How people's behaviour affects themselves and others, including online
- What cyber bullying is and the impact it can have on others
- How to respond to inappropriate behaviour online and how to report
- How to recognise and manage risk online
- That different apps and websites have age restrictions to keep us safe
- Safe use of devices out and about

##### Health and Wellbeing

- How to eat a healthy diet and the benefits
- How regular exercise benefits us
- The importance of good dental hygiene
- How and when to ask for health support
- Ways to boost our mood and wellbeing
- About puberty and how our bodies change e.g. menstruation, menstrual wellbeing, erections and wet dreams
- How puberty can affect our emotions
- How personal hygiene changes
- How to ask for support around puberty
- What is mental health?
- How can our behaviour impact the mental health of others?

##### Being a Responsible Citizen

- How to develop self-worth to achieve
- The relationship between rights and responsibilities
- How to show care and concern for others (people and animals)
- Our shared responsibility to help protect the world around us
- How our everyday choices can affect the environment
- How and what we spend our money on can affect others and environment e.g. Fairtrade
- About the role money plays in our lives