



**Wellbeing Curriculum**  
**Year R Term 6**

*Our school's vision for our Wellbeing Curriculum is that children are able to keep themselves physically, mentally and emotionally safe and healthy, throughout their lives. They will do this by developing the skills and knowledge they need to make informed choices, build healthy & positive relationships and by knowing where to seek help when it is needed.*

*In Reception the Wellbeing Curriculum covers aspects of the EYFS Framework for Personal, Social and Emotional Development, as well as some aspects of Physical Development related to Being Healthy and Keeping Safe. This learning will also include lessons about an approach the whole school follows to learn about needs and behaviours called 'The Empowerment Approach'*

*If you have any questions or concerns about any aspect of the Wellbeing Curriculum please contact the Wellbeing Lead, Mr Wheeler, through the school office for further information, clarification and support.*

**This term we will be learning...**

- About the different communities that we belong to
- About ways to care for and look after our family and friends
- How we can look after our classroom and our school
- To think about ways of looking after the world around us
- About what our brain and body need to work at their best

**Our Key question for this term is...**  
***How can we look after the world around us?***

**Key Vocabulary we will learn and use...**

*Community, Groups, Belong, Family, Friends, Care, Pollution, Recycling*

**For tips and ideas to get your child involved in recycling...**

<https://www.bbc.co.uk/cbeebies/joinin/how-to-get-kids-to-recycle>

**The Empowerment Approach**

All classes in the school will be reminding themselves of and working on this whole school approach this term. In Reception we will be especially focusing on how what our body needs affects how our brain works and how our feelings can affect behaviour.



For the children to do their very best they are taught to 'Prep4Best'... making sure that their Body Brain, Feelings Brain and Learning Brain all have what they need. This helps us and others.

Together we agreed on what is expected. The children will learn about their brains and how they work/their needs. We then practice and develop these skills so we can all achieve.

**A** Agree Pro-Social & Pro-Learning expectations for everyone to feel happy, safe and able to learn.



**B** Teach about the brain, needs & Executive Function Skills



**C** Prepare & plan an environment & activities so CYP can be at their best & achieve well. Give children the chance to 'Prep4Best'.



**Good for you, Good for Me, Good for Everyone!**