



Wellbeing Curriculum
Year 2 Term 1

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.

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...

- To explain how to make friends
- To recognise loneliness and what to do about it
- To understand what behaviours are friendly and what makes a good friend
- To develop strategies to resolve arguments within friendship and ways to ask for help if a friendship is upsetting or worrying them
- To recognise that we are all the same or different in some way.

Our Key question for this term is...

What makes a good friend?

Points to note– Friendships

During these lessons the children will explore what friendship is and ways to make sure that these relationships are positive. There will be use of distancing techniques and we will follow our class ground rules, to ensure that children feel confident and comfortable taking part in lessons. Children will not be allowed to 'name' people that they feel have not been good friends or talk about personal experiences in a way that is unsafe or upsetting for them or for other children. As well as focusing on friendly behaviours and how we can be good friends to each other, there will also be a focus on how children can resolve conflicts or arguments with friends in a positive and supportive way. They will also learn about how they could ask for help when they need it, and this is also covered in the 'Secrets and Surprises' part of this terms work. As part of learning about making friends we will explore what things we may have in common or not, and this may lead to some discussion about stereotypes. These kinds of discussions will be had with sensitivity and an awareness of the needs of the class and children in it.

Points to note– Secrets and Surprises

It is really important that we are mindful of our own use of language so that a surprise is always reinforced as something nice, that someone will find out about eventually. A secret is something that is not intended to be found out about, and can feel uncomfortable to keep. During these lessons, Teachers will make sure children know when, who and how to tell someone about a 'secret' that has been making them feel uncomfortable, worried or afraid. Information on the schools safeguarding policy and procedures can be found on the school website.

The children will be making their own worry jars, and these will be coming home. Please do agree with your child a place that this can be kept in the home, to provide a consistent channel of communication that eases discussion about difficult topics.

Key Vocabulary we will learn and use...

Relationships, friendships, friends, worries, arguments, secrets, surprises, behaviours, lonely

If your child needs help and support these websites have information that can help...

<https://www.childline.org.uk/>