



**Wellbeing Curriculum**  
**Year 4 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 recognise personal qualities and individuality
- To develop self-worth by identifying positive things about themselves and their achievements
- To identify how positive attributes, strengths, skills and interests contribute to self-esteem
- How to set their own goals
- How to manage when there are setbacks, learn from mistakes and reframe unhelpful thinking

**Discussions at home**

*What did you do today that made you feel good?*

*What do you want to achieve...at home? At a club? At school? In the future?*

*How could you pick yourself up when you feel down?*

Try to talk positively about yourself in front of the children— they learn so much from our modelling and example 😊

**Our Key question for this term is...**

***What strengths, skills and interests do we have?***

**Points to note**

During these lessons we will use a range of resources and techniques to develop the children's understanding of what makes us all so unique and special. We will be encouraging all children to talk about themselves in a positive way and will use a range of strategies to support children who may struggle to talk about themselves in a positive way, including distancing techniques. Confidentiality and not 'naming names' are one part of the ground rules we follow for discussions in Wellbeing lessons. These help children to feel safe and comfortable joining in with these activities. It means that during lessons about self-esteem, if they don't feel very positive there is no requirement for them to share any negative thoughts or feelings they may have about their own self-esteem. These discussions will always be carried out in a sensitive manner. If a member of staff is concerned by anything a child discusses they will follow the school safeguarding policy and procedures.

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

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

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

*Similar, different, unique, individual, personal, positive, achievements, confidence, self-esteem, barriers, difficulty, overcome*