

King's Academy College Park



Year R PSHE and Mental Health and Well-being Long Term Plan

Autumn Establishment		Autumn 1 Relationships	Autumn 2 Relationships	Spring 1 Health & Wellbeing	Spring 2 Health & Wellbeing	Summer 1 Living in the Wider World	Summer 2 Living in the Wider World
Year Group establishment phase, getting to know the routines and expectations.	PSHE	Relationships in School – getting to know each other	People Who are Special to Me	My Feelings	Healthy Me	My World – Home, Local, Global	Moving On – Resilience
	Mental Health and Wellbeing	Hello Yellow Day 'Colour Monster' Marvellous Me	Being Kind to yourself Mindfulness	Talking out loud (Thought Clouds)	Think Positive	Being Kind to yourself Mindfulness	Transition Changes

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE	Relationships	Special People	My Feelings	Keeping Healthy	My World	Moving On
	L.I. To listen to other people and play and work cooperatively.	L.I. To recognise the people who are special to us.	L.I. To recognise a range of feelings.	L.I. To recognise what keeping healthy means.	L.I. To identify the different groups we belong to and the roles and responsibilities of belonging to a community.	L.I. To understand that everyone has different strengths.
Mental Health & Wellbeing	Marvellous Me	Hello Yellow Day Being Kind to yourself Mindfulness	Talking out loud (Thought Clouds)	Think Positive	Being Kind to yourself Mindfulness	Transition Changes
	L.I. To talk about what makes me special.	L.I. To explain what Mindfulness is.	L.I. To understand the importance of talking to others.	L.I. To set myself goals and consider how to achieve them.	L.I. To understand different mindfulness techniques	L.I. To talk about their worries and excitements about moving class.