



Wellbeing

EYFS Acorn	Year 1 Beech	Year 2 Chestnut	Year 3 Fir	Year 4 Holly	Year 5 Maple	Year 6 Oak
Playfulness and Outdoor Play	Creativity	Emotional Awareness and Self-Regulation	Understanding your brain <small>Two Brains are Better than One: Integrating the Left and Right Brain.</small>	Growth Mindset <small>Fixed vs. Growth Mindset</small>	Cognitive Behavioural Therapy – Thoughts and Feelings	Healthy Coping Skills / Toolbox
Sensory and Heuristic Play	Unrushing and Stillness	The Five Steps of Self-Regulation	Understanding your brain <small>Building the Staircase of the Mind: Integrating the Upstairs and Downstairs Brain.</small>	Growth Mindset <small>Change your Mindset!</small>	Cognitive Behavioural Therapy – Actions and Problem Solving	Resilience and coping with change SMART MOVES
Wellbeing Task						
Yoga	Breathing Relaxation Techniques <small>(Create Glitter Sensory Bottles)</small>	Creating a Breathing Stick	Adventuring Together	Having a Laugh!	Contemplative Walk	Relaxation Techniques