



Sonning Church of England Primary School

Year 1 Wellbeing Curriculum: Creativity, Unrushing and Stillness

Outcomes for Pupils as a result of this module:

To understand the importance of being still and that relaxation and mindfulness is a great life skill which will help as they grow through life and face difficulties.

Knowledge

- To discover that creativity is about how you view the world, how you engage with life and how you have creative ideas and problem solve as well as how you make things.
- To recall that through being creative and using our imagination that we are developing and strengthening neural pathways in their brains (Churchill-Dower, 2014)
- To recognise the need to slow down and to enjoy times of being still and unrushed.
- To define mindfulness as being aware, living in the moment, noticing and connecting to our self, our body and our breathing and noticing what is around us.
- To memorise a Bible verse related to 'Being Still': 'Be Still and Know that I am God' Psalm 46 vs. 10

Skills

- To sketch, construct, experiment and manipulate different creative materials to enjoy the process of creativity and the experience, not focus on an end product.
- To use mindfulness practices such as breathing, calmness and relaxation.
- To create a Glitter Calm Bottle.
- To develop breathing techniques using Glitter Calm bottles and Relax Kids meditation stories.

Understanding

- To describe the process of creating and using different materials for exploration and enjoyment.
- To demonstrate creativity through exploring own interests.
- To choose a creative opportunity and demonstrate curiosity in the process of learning new skills e.g. cooking.
- To explain that mindfulness is a great life skill which will help them as they grow through life and face difficulties.
- To identify a breathing technique which works well for them and use it when required.
- To discuss how they made their sensory bottle and explain how it works in helping us to calm down and be still.