



**Year 5 Wellbeing Curriculum:
Think Good – Feel Good**

Outcomes for Pupils as a result of this module:

To understand the cognitive behavioural framework, to explore and test their cognitions and to learn alternative cognitive and behavioural skills.

Knowledge

- To understand the 'Magic Circle' of Cognitive Behavioural Therapy (thoughts, feelings, actions/behaviour).
- To identify, question and test some of my negative thoughts.
- To name the different ways in which you can take control of and challenge my thoughts.
- To identify my feelings which will help me to learn how to control them.
- To recognise that how we feel depends on what we do and what we think.
- To calm myself and focus (Contemplative Walk)

Skills

- To challenge my negative thoughts and 'turn down the volume' and use positive self-talk.
- To choose one of the techniques to control my thoughts and put it into practice.
- To try to identify the different feelings that I have.
- To design my own Feeling Thermometer.
- To compile a list of relaxing activities to use when I feel stressed, anxious or angry.

Understanding

- To express my thoughts, feelings and actions by using the 'magic circle'.
- To explain a difficult situation and express how I felt and what happened in that situation.
- To describe nice, unpleasant and worrying thoughts.
- To interpret whether my strongest feelings are linked to particular thoughts or what I do.
- To classify the things that make me feel good and unpleasant.
- To indicate the things that I would like to do to change my behaviour.