



**Year 6 Wellbeing Curriculum:
Smart Moves: Emotional Resilience**

Outcomes for Pupils as a result of this module:

To acquire skills that build resilience and increase their chances of making a successful transition from primary to secondary school and supports them to become happy, thriving and resilient young adults.

Knowledge

- To define resilience and what it looks like in their life.
- To explore different times children, go to sleep, why it is important to get enough sleep and aids to sleep.
- To encourage children to know themselves and help them develop a sense of awareness of who they are, and help them to feel good about themselves.
- To explore what it would be like to feel brave, what being brave means and how that might help them face challenges.
- To identify different types of friendship and look at what makes a good friend.
- To identify and learn to recognise feelings in ourselves and others.
- To learn that laughter is important.

Skills

- To prepare for the journey to secondary school.
- To equip them to deal with friendship issues.
- To identify your support structure now and in the future.
- To equip them with skills to solve problems and to know who they can speak to if they need help.
- To have fun.

Understanding

- To discuss their experience of travelling to school and exploring what is positive and negative about that experience.
- To understand responsibility and how having responsibilities and obligations can make children feel a sense of belonging.
- To help become aware of what stresses and relaxes.
- To help the children to think more positively about their life and how this can make them feel more resilient.