

WELLBEING CURRICULUM

The learning continuum		Social and emotional learning competencies: Self-awareness, self-management, social awareness, relationship skills, responsible decision-making					
Term	Year	Y 5/6		Y 7/8		Y 9/10	
		A	B	A	B	A	B
Overarching themes		Establishing and building positive relationships		Making responsible decisions, working effectively in teams		Handling challenging situations constructively, developing leadership skills	
T1	Key skills	Transition and orientation, healthy lifestyles, navigating puberty, self-esteem	Transition and orientation, healthy lifestyles, navigating puberty, self-esteem	Transition and orientation, healthy lifestyles, positive body image, respect, self-esteem,	Transition and orientation, healthy lifestyles, positive body image, respect, self-esteem	Transition and orientation, respect, consent, understanding the law, managing safety and risk	Transition and orientation, respect, consent, understanding the law, managing safety and risk
T2	Key skills	Empathy building, Understanding others' views, needs and circumstances, active listening, verbal and non-verbal communication, expressing feelings	Strengthening personal Identity, Building self-concept, building self-esteem, self evaluation, leading, influencing and persuading, contributing to a group	Empathy building, Understanding others' views, needs and circumstances, active listening, verbal and non-verbal communication, expressing feelings	Building self-concept, self-evaluation, perseverance, optimistic thinking, coping, recognising emotions, perspective thinking, cultivating resilience	Influence, persuasion, restorative practices, negotiation and conflict management, collaboration and inclusion, self evaluation, leading, influencing and persuading, contributing to a group	Developing greater control and responsibility for our actions, reflective practice, finding solutions to problems, time management, goal setting and tracking
T3	Key skills	Collaboration, inclusion and relationship building, expressing respect for others' contributions, Strengthening personal Identity, self evaluation, recognising own abilities and strengths and those of others, contributing to a group	Cultivating resilience, adaptability, perseverance, building self-confidence, fostering connectedness, contributing to a group, expressing respect for others' contributions, leading and influencing.	Social awareness, collaboration inclusion and relationship building, leadership and advocacy, assertiveness, conflict management, accessing support and support networks.	Positive emotions, engagement, relationships, cultivating a sense meaning and accomplishment, physical health. developing greater control and responsibility for our actions, feelings and behaviours	Strengthening personal Identity, collaboration, leadership and advocacy, Building self-concept, building self-esteem, self evaluation, recognising own abilities and strengths and those of others, adaptability.	Participating actively, peer pressure, assertiveness, social awareness, leading, influencing and persuading
T4	Key skills	Self-awareness, self-monitoring thoughts, feelings and actions, developing greater control and responsibility for actions, feelings and behaviours, awareness of rights, responsibilities, influences, attitudes, reflective practice, assertiveness, conflict management, accessing support and support networks.	Strengthening personal Identity, collaboration, leadership and advocacy, Building self-concept, building self-esteem, self evaluation, recognising own abilities and strengths and those of others, adaptability.	Adaptability, perseverance, cultivating resilience, developing greater control and responsibility for our actions, reflective practice, goal-setting and tracking	Active listening, fostering connectedness, respect, giving and receiving feedback, expressing respect for others' contributions, fostering connectedness	Collaboration, inclusion, relationship building, contributing to community, expressing respect for others' contributions, Strengthening personal Identity, self evaluation, recognising own abilities and strengths and those of others, contributing to a group.	Collaboration, inclusion, relationship building, contributing to community, expressing respect for others' contributions, Strengthening personal Identity, self evaluation, recognising own abilities and strengths and those of others, contributing to a group.