

| Lesson No. | Lesson Title                       | Learning Outcomes   | Content   | Key Vocabulary   |
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| 1          | Bouncing Back When Things Go Wrong | <ul style="list-style-type: none"> <li>Share an experience where they haven't achieved their goal.</li> <li>Develop their confidence and resilience towards having a growth mind-set.</li> <li>Name a strategy to overcome a hurdle.</li> </ul>           | <p>Children share times when things went wrong for them. Watch Rosie Revere, Engineer (Read Aloud books for kids) Andrea Beaty. <a href="https://www.youtube.com/watch?v=31eBdgnPsCo">https://www.youtube.com/watch?v=31eBdgnPsCo</a></p> <p>Discuss what the word 'shy' means. Why was Rosie shy? Pause the video as Rosie is in bed, ask children to give Rosie some words of encouragement to carry on. What could be said? Watch the remaining part of the story. Discuss Rosie's feelings at different parts of the story.</p> <p>Activity- Children think of something they are finding tricky at the moment. Draw a picture of it and think of words of encouragement an adult can scribe.</p>   | Bounce back<br>Encourage<br>Try again                            |
| 2          | Yes, I Can!                        | <ul style="list-style-type: none"> <li>Recognise that some skills take time to learn.</li> <li>Plan and review an achievable goal.</li> <li>Celebrate the successes of their peers.</li> </ul>  | <p>Children share with a partner something they are currently finding challenging. Share ideas. Explain that sometime people say 'I can't..' when they find something difficult but from now on we will say 'I am going to try'.</p> <p>Watch The Dot by Peter H Reynolds. <a href="https://www.youtube.com/watch?v=EpmNXbkLu6c">https://www.youtube.com/watch?v=EpmNXbkLu6c</a></p> <p>Discuss Vashti's feelings at the beginning, middle and end of the story. Children think of something they are going to try to do this week which they find challenging.</p> <p>Activity- Children to write a goal of something they would like to be able to do by the end of the year. Seal in an envelope to open at the end of the year and see if they can achieve it. Discuss what they might need to do in order to achieve their goal.</p> | Try<br>Try again<br>Bounce back                                  |
| 3          | Healthy Eating                     | <ul style="list-style-type: none"> <li>Name and choose healthy foods and drink.</li> <li>Understand there are some foods that are a "just sometimes" food or drink (eating in moderation).</li> <li>Explain the jobs of different food groups.</li> </ul> | <p>Explain that today's focus will be about healthy food. Ask; Why do we eat food? What foods do we eat? When do we get to choose what we eat? Why do we need to eat different kinds of foods?</p> <p>Introduce the Eatwell plate. Why do children think some foods take up a bigger proportion of the plate?</p> <p>Explain the benefits of each food group for our bodies. Ask children which foods they think we need the most and least of. Explain that we can still eat foods high in sugar and fat occasionally but it is healthiest not to have them too</p>  | Food<br>Energy<br>Grow<br>Healthy<br>Fruit<br>Vegetable<br>Dairy |

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|   |                 |   | <p>often. Children roll a dice with the different food types on each face. When they roll it, they say what that food group does to help their bodies.</p> <p>Activity- Children to design their own healthy packed lunch and try to include the correct proportions of each food group.</p> <p>Can children make their own healthy packed lunch to bring to school or eat at home?</p>  |   |
| 4 | My Healthy Mind | <ul style="list-style-type: none"> <li>Identify the 5 ways to support their wellbeing.</li> <li>Name some activities or ideas to promote positive mental health.</li> <li>Reflect on their mental health and how they can protect it.</li> </ul>                                  | <p>Reread The Colour Monster by Anna Llenas.</p> <p>Ask: What is our mind? Have you heard about mental health? What might it mean to have a healthy mind? What could we do to help our minds be healthy? What makes us feel good? What can we do to make our feelings good or better?</p> <p>Introduce the 5 points of the wellbeing wheel:</p> <p>Be active<br/>Give to others<br/>Mindfulness<br/>Be creative<br/>Connect with others</p> <p>Discuss what these may mean and give examples.</p> <p>Read the poem from Happy: A Children's Book of Mindfulness by Nicola Edwards and Katie Hickey.</p> <p>Discuss what we can do to make ourselves and others feel good. Explain we will try different things over the week.</p> <p>Activity- Children to have a turn in a role-play 'Spa' and try relaxation techniques.</p> | <p>Food</p> <p>Exercise</p> <p>Sleep</p> <p>Wash</p> <p>Healthy</p> <p>Energy</p> <p>Grow</p> |
| 5 | Move Your Body  | <ul style="list-style-type: none"> <li>Describe the changes in their body during exercise and what is happening to their body.</li> <li>Explain how exercise can help us stay well - physically and mentally.</li> <li>Name some ways to keep their body fit and well.</li> </ul> | <p>Discuss how we stay healthy e.g. sleep, diet, hygiene, exercise etc.</p> <p>Explain that we have been sitting still for a while, what might our bodies need now? Discuss different types of exercises children can do. Why is it important to exercise?</p> <p>Activity- Children pick an activity card and complete each activity for 1 minute. What has happened to their bodies during the exercise? Pick other cards. Which activities are gentle exercises and which are more intense?</p>   | <p>Exercise</p> <p>Heart</p> <p>Muscles</p>   |

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| 6 | A Good Night's Sleep | <ul style="list-style-type: none"> <li>• Understand why our body needs sleep.</li> <li>• Talk about their own bedtime routine.</li> <li>• Suggest ways to have a calm evening and bedtime routine.</li> </ul> | <p>What are the items we need to carry out our bedtime routines? Who helps children to get ready for bed? Ask; what do you do yourselves and what do adults do to help? Show children the contents of an overnight wash bag e.g. soap, toothbrush and toothpaste, shampoo, brush/comb. Act out how they would use each item and explain why it is important.</p> <p>Discuss why it is important to have a good night's sleep and that they should be having at least 11-11 and a half hours sleep each night at their age.</p> <p>Children share their bedtime routines and what helps them to get to sleep each night.</p> <p>Activity- Children act out their bedtime routines, getting ready for bed.</p> <p>Reiterate why each step is important and why sleep is important to be healthy.</p> | Routine<br>Calm<br>Sleep |
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