

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Building Relationships: Special Relationships	Self-regulation: My Feelings	Managing self: Taking on Challenges	Self-regulation: Listening & Following Instructions	Managing self: My Well-being	Building Relationships: My Family & Friends

<b><u>Building Relationships: Special Relationships</u></b>		
Autumn 1	Lesson 1	My Family
	Lesson 2	Special People
	Lesson 3	Sharing
	Lesson 4	I am Unique
	Lesson 5	My Interests
	Lesson 6	Similarities & Differences

<b><u>Self-regulation: My Feelings</u></b>		
Autumn 2	Lesson 1	Identifying my Feelings
	Lesson 2	Feeling Jars
	Lesson 3	Coping Strategies
	Lesson 4	Describing Feelings
	Lesson 5	Facial Expressions
	Lesson 6	Creating a Calm Corner

<b><u>Managing self: Taking on Challenges</u></b>		
Spring 1	Lesson 1	Why do we have Rules?
	Lesson 2	Building Towers
	Lesson 3	Team Den Building
	Lesson 4	Grounding
	Lesson 5	Team Races
	Lesson 6	Circus Skills

**Self-regulation: Listening & Following Instructions**

Spring 2	Lesson 1	Simon Says
	Lesson 2	Listening to a Story
	Lesson 3	Pass the Whisper
	Lesson 4	Obstacle Race
	Lesson 5	Blindfold Walk
	Lesson 6	Treasure Hunt

**Managing self: My Well-being**

Summer 1	Lesson 1	What is Exercise?
	Lesson 2	Yoga & Relaxation
	Lesson 3	Looking after Ourselves
	Lesson 4	Being a Safe Pedestrian
	Lesson 5	Eating Healthily
	Lesson 6	A Rainbow of Food

**Building Relationships: My Family & Friends**

Summer 2	Lesson 1	Festivals
	Lesson 2	Sharing
	Lesson 3	What makes a Good Friend?
	Lesson 4	Being a Good Friend
	Lesson 5	Teamwork
	Lesson 6	Celebrating Friendships