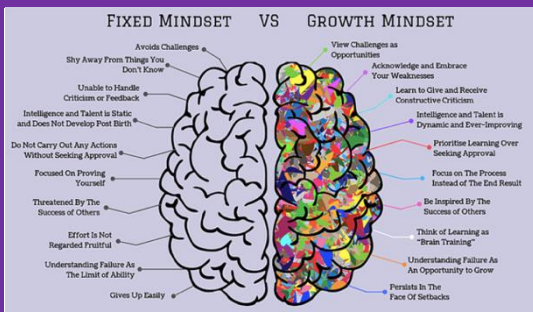


Final Outcome: Pupils will write a letter to themselves. In this letter they will address and resolve worries or fears that they may have about moving to secondary school. The children will use their learning from this scheme of work to help them during transition.



**Component 6: I can do it!**

**What we will know after this sequence:**

- Pupils will be able to apply a growth mindset in their everyday lives.
- Pupils will be able to identify challenge as a positive thing.
- Pupils will be able to overcome difficulties using a range of strategies.
- Pupils will understand the impact a positive attitude can have on their learning and transition through different educational settings.

**Vocabulary:**

Growth mindset, challenge, positive, identify, strategy, transition, educational setting, comfort zone.

**How will this feed into my next learning:**

Pupils will use all that they have learnt in this teaching sequence to write a letter to themselves addressing worries that they made have about starting

secondary school.

**SEN:** Visual word mat with newly learnt vocabulary. Extra support when explaining the brief and task. Discussion to ensure full understanding.

**Component 4: Consequences and choices**

**What we will know after this sequence:**

- Pupils will understand the importance of making good choices.
- Pupils will be able to identify when a choice or decision needs to be made.
- Pupils will be able to consider the consequences of different choices.
- Pupils will understand what it means to make an 'informed decision'.

**Vocabulary:**

Identify, decision, consequence, informed decision, insignificant, significant, overwhelming, consider.

**How will this feed into my next learning:**

Pupils will learn how to remain calmer every day by practising mindfulness. This may in turn reduce the negative feelings that they experience.

**SEN:** Visual word mat with newly learnt vocabulary. Extra support when explaining the brief and task. Discussion to ensure full understanding.

**Component 5: Being present - Mindfulness**

**What we will know after this sequence:**

- Pupils will be to use mindfulness techniques in everyday life.
- Pupils will be able to stop and focus on the here and now.
- Pupils will be able to recognise when different mindfulness techniques might be useful.
- Pupils will understand how mindfulness can be linked to happiness.

**Vocabulary:**

Mindfulness, technique, focus, processing, communicating, positive mental health, emotional wellbeing.

**How will this feed into my next learning:**

Pupils will look to apply all they have learnt so far to their everyday lives.

**SEN:** Visual word mat with newly learnt vocabulary. Extra support when explaining the brief and task. Discussion to ensure full understanding.



**Component 3: Face your feelings**

**What we will know after this sequence:**

- Pupils will be able to recognise and manage uncomfortable feelings.
- Pupils can describe and discuss a range of emotions.
- Pupils understand how their feelings can impact on their thoughts and actions.
- Pupils are able to suggest strategies to cope with uncomfortable or unpleasant emotions.

**Vocabulary:**

Recognise, manage, range, impact, strategies, trigger, mental wellbeing, isolated, intense.

**How will this feed into my next learning:**

Pupils will move on from recognising and facing their feelings, to dealing with them and make different choices.

**SEN:** Visual word mat with newly learnt vocabulary. Extra support when explaining the brief and task. Discussion to ensure full understanding.

**Component 2: Thoughts are not facts**

**What we will know after this sequence:**

- Pupils will understand the concept and impact of positive thinking.
- Pupils will be able to identify helpful and unhelpful thoughts.
- Pupils will be able to name some strategies to deal with unhelpful thoughts.
- Pupils will be able to generate positive affirmations.

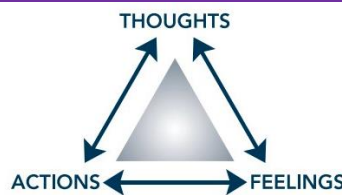
**Vocabulary:**

Concept, positive thinking, strategies, affirmations, generate, stress chemicals, consequences, negative voice, positive mental attitude.

**How will this feed into my next learning:**

Pupils will learn how to face their feelings and use strategies to help cope with negative ones

**SEN:** Visual word mat with newly learnt vocabulary. Extra support when explaining the brief and task. Discussion to ensure full understanding.



**Component 1: The Cognitive Triangle**

**We should know:** How to explain our feelings and emotions.

**What we will know after this sequence:**

- Pupils will understand and be able to explain the link between thoughts, feelings and behaviours.
- Pupils will be able to discuss and describe a range of thoughts, feelings and behaviours.
- Pupils will be able to discuss the impact negative thoughts can have on themselves and others.
- Pupils will be able to turn negative thoughts into positive thoughts.

**Vocabulary:**

Cognitive, feelings, behaviours, positive, negative, trigger, experience, avoidance, judgement, reasoning, emotional response, impact.

**How will this feed into my next learning:**

Pupils will dive deeper into understanding that their feelings are not facts and can be changed.

**SEN:** Visual word mat with newly learnt vocabulary. Extra support when explaining the brief and task.

