

Wellbeing Objectives EYFS – Year Six

Year Group	Learning Objectives	Suggested learning
<p align="center"><b>EYFS</b></p>	<p>To be able to name and discuss feelings.                      To be able to recognise signs of different feelings.                      To be able to understand what helps me to feel calm and happy.                      To be able to understand how to be physically healthy.                      To be able to understand what wellbeing is.                      To be able to acknowledge mindfulness.                      To be able to make my own choices and understand that it is ok to be different.                      To be able to recognise mistakes and learn from them. (introducing resilience)                      To be able to recognise when to take time out.                      To be able to learn something new.</p>	<p>Feelings to cover: Happy, sad, disappointed, excited, scared, brave, lonely, calm, nervous, angry, silly, proud, worried, frightened, safe, annoyed, delighted.                      Signs of the above emotions.                      Who can you talk to?                      Wellbeing – keeping my mind healthy.                      Mindfulness – how are you currently feeling, taking time for you. (meditation, yoga, relaxation, colouring etc)</p>
<p align="center"><b>Year One</b></p>	<p>To be able to name and discuss feelings and understand that feelings come and go.                      To be able to identify strategies to manage my feelings.                      To be able to understand how to keep myself safe and calm.                      To be able to understand how to be physically healthy.                      To be able to understand how to be emotionally healthy.                      To be able to accept that I am unique.                      To be able to recognise when to take time out.                      To be able to understand the meaning of resilience.                      To be able to explore mindfulness.                      To be able to understand worrying and how to manage my worries.                      To be able to develop a new skill and discuss my experience.</p>	<p>Additional feelings to cover: ashamed, confident, shy, uncomfortable.                      Strategies for calming down. What does calm mean?                      What does ‘calm down’ mean? How can I do this independently?                      Recognise and accept emotions                      Understand Strategies to manage feelings                      Wellbeing – keeping my mind healthy.                      Mindfulness – accepting current state and feelings.                      What is resilience?</p>
<p align="center"><b>Year Two</b></p>	<p>To be able to express and manage my feelings.                      To be able to recognise when my feelings may have an impact on my wellbeing.                      To be able to set challenging goals.                      To be able to describe what resilience looks like.                      To be able to manage change and loss.                      To be able to manage feelings of sadness.                      To be able to understand what makes us all different.                      To be able to understand mindfulness as a strategy to look after my wellbeing.                      To be able to understand how my words and actions can affect other people.                      To be able to develop a new skill and discuss my experience.</p>	<p>What is sadness? How does it make you feel?                      How can you manage sadness?                      What is loss? How does it make us feel?                      To be able to understand mindfulness as a strategy to look after my wellbeing.                      What does resilience look like?</p>
<p align="center"><b>Year Three</b></p>	<p>To be able to understand how my words and actions can affect other people.                      To be able to understand anger and how to manage feelings of anger.                      To be able to talk about my wellbeing.                      To be able to understand that resilience makes us stronger.                      To be able to understand grief and how to manage grief.                      To be able to accept and celebrate our differences.</p>	<p>Anger – what is it? How does it make you feel? What can we do when feeling angry?                      What is grief? Who can you talk to at home or at school?                      How does resilience make us stronger?                      What makes you different?</p>

	<p>To be able to make choices about my physical and mental health.          To be able to understand that feelings that don't go away can affect my wellbeing.          To be able to set myself a goal and be committed to achieving this.          To be able to understand mindfulness as a strategy to look after my wellbeing.</p>	
<b>Year Four</b>	<p>To be able to accept and celebrate our differences.          To be able to understand how to become more resilient.          To be able to identify and discuss my own wellbeing.          To be able to understand how I can make a positive contribution towards others.          To be able to set myself a goal and be committed to achieving this.          To be able to understand mindfulness as a strategy to look after my wellbeing.</p>	<p>How are you different to other? How can we celebrate this?          How can I have a positive impact on others? What could you do?</p>
<b>Year Five</b>	<p>To be able to understand and manage pressure.          To be able to understand how challenges and failure build resilience.          To be able to understand how I can make a positive contribution towards others in my community. (project)          To be able to coach my peers to discuss feelings and worries.          To be able to recognise my strengths and areas for improvement.          To be able to understand mindfulness as a strategy to look after my wellbeing.          To be able to challenge myself with an aspirational goal.</p>	<p>What is pressure? Discuss different experiences. Is pressure a positive or negative?          What are your strengths?          What do you do if your peer is struggling with their feelings?</p>
<b>Year Six</b>	<p>To be able to be happy in my own skin.          To be able to have a positive self-image.          To be able to make informed decisions to resist pressure.          To be able to understand how I can make a positive contribution towards others in my community. (project)          To be able to understand mindfulness as a strategy to look after my wellbeing.          To be able to express and manage my emotions using a range of strategies.          To be able to coach my peers to discuss feelings and worries.          To be able to prepare for changes I may be facing.          To be able to accept failure as a learning opportunity.          To be able to challenge myself with an aspirational goal.          To be able to set myself an aspirational goal for my next stage.          To be able to develop resilience for the next stage in my education.</p>	<p>What is self-image? How can you be positive about your image? How can you support the positivity of other people's self-image?          Use language relating to mental wellbeing and emotions.          What is likely to change in your life? School? Friendship groups etc? How can you manage these changes? How can resilience support you to do this?          How are you feeling about future changes? Discuss</p>