P.S.H.E. curriculum progression map

Y6

- How can I recognise and overcome concerns?
- How can appreciation increase my resilience?
- How can I foster a growth mindset?
- How can I make new friends?
- How can I use my virtues in times of change?
- How can I use my virtues to better myself?
- How can I show my appreciation to others?
- How can I be consciously engaged in an activity?

Y5

- How does my brain respond to different situations?
- How can friends help me solve problems?
- How can perseverance help me achieve my goals?
- How can I foster an attitude of gratitude?
- How can I train my brain?

Y4

- How can seeing things from a different perspective help me relate to others?
- How can I notice others' character strengths?
- What affects team HAP?
- How can Happy Breathing help me to Appreciate?
- How do my feelings affect my ability to do well at something?

Y3

- How can I grow my character strengths?
- How can 'Stop, Understand and Consider' help me relate to others?
- How does goal setting make me feel?
- How do we feel when we practise appreciation?
- What does my brain help me to do?

Y2

- What is Active Listening?
- How are character strengths used?
- What are the five main character strengths?
- Who do I relate to?

Y1

- Where is my brain and what are its main parts?
- What is appreciation?
- How do I feel when I engage in something?

R

- How do other people feel?
- Can I identify a personal strength?
- Can I begin to understand how others view something?

N

- What words describe how I feel?
- Can I play with different children?
- Can I follow rules?

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