



**Whole
school**

Year 7

Term: Autumn

Learning Intention: Stepping stones challenges book. Health and lifestyle: Feeling good about yourself P61 (**Wellbeing**)

During this challenge Pupils will work on understanding:

How to feel good about yourself.

Pupils to understand how feeling good is linked to physical and mental wellbeing.

How to say something good to the personal next to you / peers.

How to create a feel good bullseye chart to demonstrate all the layers to feeling good about yourself.

**Key knowledge that should
be learned during this SoW**

All

Most

Some

Concept:

All pupils to understand what it means to feel good about yourself. To explore and understand ways to feel good about yourself.

Knowledge:

To identify colours of zones of regulation through various strategies including movement breaks, visual prompts, music depending on individual.

To visually identify key emotions such as happy, sad etc and to acknowledge that we all experience

To understand words used in describing emotions.

To explain what makes people feel these emotions.

To create an action plan to show steps towards feeling good.

Discuss changes / additions to daily life that could be made to improve general well being impacting how you feel about yourself.

	<p>How we can feel good about yourself.</p> <p>To discuss and understand ways to feel good about yourself.</p>		
Key Skills:	<p>To be able to use the knowledge and apply to daily life, learning what makes you happy and what you are good at.</p> <p>Developing how to become better and how this makes us feel.</p>	<p>Pupils will be able to compare different activities and choose a plan to suit their likes and needs.</p> <p>To identify something people might like to change about themselves and how they view themselves differently to how others see them.</p>	<p>Demonstrate a change to improve wellbeing.</p> <p>To know help is available to support and where to get it from.</p>
Language and/or communication skills:	Positivity, feelings, yourself, happy, sad	Individual, anxious	Wellbeing
Curricular Links	<p>RSE - Personal hygiene / body image</p> <p>PE - Exercise to promote wellbeing.</p>		