

SEMH Curriculum						
SEMH/PHSE	Autumn 1 Life Skills: Resilience/Tolerance	Autumn 2 Living in the Wider World: Diversity/ Inclusion	Spring 1 Mental Health and Wellbeing: Anti- Bullying/Empathy	Spring 2 Mental Health and Wellbeing: ADHD, SEMH studies	Summer 1 Living in the Wider World: Tackling Racism	Summer 2 Life Skills: Practical work/In Class work
	Autumn (1) 7 Weeks	Autumn (2) 8 Weeks	Spring (1) 6 Weeks	Spring (2) 6 Weeks	Summer (1) 5 Weeks	Summer (2) 6 Weeks
What We Will Learn	Children will explore how to express their thoughts and feelings respectfully and how to be assertive when in uncomfortable situations. The lessons centre on themes such as thinking positively and calmly, managing difficult emotions, taking responsibility for decisions and developing a growth mind-set approach to learning.	Children will explain what is meant by a 'diverse' society in relation to the United Kingdom. They will learn about the benefits of living in a diverse society. They will learn what is meant by a 'diverse' society in relation to the United Kingdom and explain what is meant by inclusion and discrimination.	Children will understand how bullying can impact upon someone's mental health and understand why people may bully and offer support.	Children will learn about different mental health conditions that are atypical for children with Social, Emotional and Mental Health difficulties such as ADHD, ASD and Dyslexia. They will learn how to identify personal triggers that can lead to frustrations.	Children will learn about discrimination in society, the will learn about important figures who have campaigned against racism.	Class teachers can use this time to concentrate on emerging areas within their classrooms, there will be a focus on teamwork, working collaboratively and sportsmanship.
What We Will Do	Pupils will suggest ways to make things right after a mistake has been made and explain how mistakes help them learn and grow. They will Recognise and describe a range of positive and negative emotions. Discuss changes people may experience in their lives and how they might make them feel. Talk about things that make them happy and help them to stay calm. Identify uncomfortable emotions and what can cause them.	Pupils can identify and demonstrate how they can value and celebrate diversity. They will look at ways to challenge discrimination. Children will demonstrate an understanding of what inclusion and discrimination looks like.	Children will be able to identify a bully, bystander and victim (board game available). They can provide positive reassurance to a victim of bullying. They can understand what empathy is and use empathy to change behaviour and build better relationships.	Children will look at characteristics of different mental health conditions that are relatable to their personal experiences. Children will gain an understanding of the positive aspects of these mental health diagnoses and be able to identify them.	Children can discuss racism in an open and safe environment and ask questions. They can use techniques like active listening to help develop understanding. They will explore what a stereotype is and start to challenge assumptions we hear and see in the media. Children can celebrate others' differences and similarities. They can be empowered to create an anti-racist environment.	Children can transfer learned skills throughout the year and put into practice. They can contribute to the electric kit car project. They can be a part of a team and can show sportsmanship.
Skills Learned	Pupils will be able to use strategies learned to be tolerant of others. Pupils will be able to identify a range of different emotions, discuss what makes them unique and consider that everyone is different.	Pupils will develop an understanding of diversity and inclusion within our society. They will be able to share their own opinion about inequality.	Pupils will be able to identify similarities and differences and show empathy and curiosity towards bullying behaviour. They will develop empathy skills and understand that bullying is not acceptable.	Pupils will be able to find personal strategies to support their mental health and well-being and use coping strategies to deal with change and frustration.	Pupils will be able to identify discrimination and equality within their community, they will be able to identify their basic human rights and develop their knowledge of right and wrong within society.	Pupils will be able to transfer their skills of problem solving into a real life setting.

