



Palace Fields Primary School  
Whole School PSCE Curriculum Overview  
Academic Year 2017 - 2018

	Autumn 1 New Beginnings		Autumn 2 Getting on / Falling out		Spring 1 Going for Goals		Spring 2 Good to be me		Summer 1 Relationships	Summer 2 Changes & Protecting the environment	
Reception	<p><b>Belonging</b> I know I belong to my class/group. I know the people in my class/group. I like belonging to my group/class/school. I know that people in my group/class like me. I like the ways we are all different.</p>	<p><b>Self-awareness</b> I can tell you something special about me.</p>	<p><b>Friendship</b> I can play with other children. I know how to be friendly. I can say sorry when I have been unkind or don't agree.</p>	<p><b>Working together</b> I can work in a group with other children. I can take turns when I play a game. I can wait for my turn to say something in the classroom. I can share a toy. I can ask for help when I am stuck.</p>	<p><b>Knowing myself</b> I know that I can do more things now than I could when I was younger. I know that I will be able to do more things when I am older. I know that we are all good at different things. I can tell you what I like doing and learning. I can try new things in my learning.</p>	<p><b>Setting a realistic goal</b> I can tell you what a goal is. I can set a goal for myself. I can tell you what I want to achieve and how I am going to do so.</p>	<p><b>Knowing Myself</b> I can tell when I am feeling excited. I can tell or show how I feel when I am excited. I can say and show you when I am feeling good and happy. I can tell or show what feeling proud looks like.</p>	<p><b>Making Choices</b> I can tell you what is fair and unfair. I can tell you when I think things are fair or unfair. I know some ways I can make things fair.</p>	<p><b>Understanding my Feelings</b> I can tell when I am feeling excited. I can tell or show how I feel when I am excited. I can say and show you when I am feeling good and happy. I can tell or show what feeling proud looks like. I can tell when I am feeling sad or angry. I can show someone when I am feeling sad, angry or happy. I can tell you how it feels when things are unfair. I can tell you how I feel if I am missing someone or</p>	<p><b>Knowing myself</b> I can tell you what I can do now that I couldn't do when I started school/nursery. I can tell you how I have changed.</p>	<p><b>Understanding my feelings</b> I can remember feelings I have had, and why I felt like that. I can sometimes tell you how change makes me feel. When I feel bad, I know that it helps to do something different.</p>

								have lost someone or something I care about.		
<p><b>Understanding my Feelings</b> I can tell if I am happy or sad. I can let you know if I feel happy, excited, sad or scared. I know that it is OK to have any feeling but that it is not OK to behave in any way we like (if it hurts other people)</p>	<p><b>Managing my Feelings</b> I know some ways to calm myself down when I feel scared or upset</p>	<p><b>Managing feelings - anger</b> I can express my feelings when I am angry. I can make myself feel better when I am angry.</p>	<p><b>Resolving conflict</b> I can make up when I have fallen out with a friend. I can think of ways to sort things out when we</p>	<p><b>Planning to reach a goal</b> I can say what I am going to do next.</p>	<p><b>Evaluation and review</b> I can tell you what I have done and the things that worked well.</p>		<p><b>Making Choices</b> I can use the problem-solving process.</p>	<p><b>Standing up for Myself</b> I can say what I need. I can stand up for my own needs and rights without hurting others.</p>	<p><b>Understanding the feelings of others</b> I know that sometimes when people are not very nice to me it is because they don't feel very good inside. I know how to help someone when they are feeling sad.</p>	<p><b>Making choices</b> I can tell you what I did with my class/group to make the outdoor area/classroom/setting better.</p>
<p><b>Understanding the feelings of others</b> I know that everybody in the world has feelings.</p>	<p><b>Social skills</b> I can share in a group. I can take turns in a group. I can join in with other children playing a game. I know how to be kind to people who are new or visiting the classroom.</p>	<p><b>Understanding my feelings</b> I can tell when I am feeling angry. I can tell when other people are angry</p>		<p><b>Persistence</b> I can focus my attention and start a task. I can sustain my attention. I can work hard to achieve my goal. I know that working hard is important to reaching my goal.</p>		<p><b>Managing my Feelings</b> I can stay still and quiet for a short time. I can relax with help. I am beginning to understand that if someone leaves me they can still love me. I can remember someone I care about even if they are not there.</p>	<p><b>Making Choices</b> I can use the problem-solving process.</p>			

							I can talk about how I can feel better when I am feeling sad or am missing someone.				
Year 1	<p><b>Belonging</b> I know that I belong to a community. I feel safe and content within my class. I feel good about the ways we are similar in the group and the ways I am different. I know how to make someone feel welcome.</p>	<p><b>Self-awareness</b> I can tell you how I am the same as and different from my friends. I feel good about my strengths</p>	<p><b>Friendship</b> I can tell you what being a good friend means to me. I can listen well to other people when they are talking. I can make someone else feel good by giving them a compliment. I know what to say when someone gives me a compliment.</p>	<p><b>Seeing things from another point of view</b> I know that people don't always see things in the same way. I can see things from someone else's point of view.</p>	<p><b>Knowing myself</b> I know we learn in different ways. I can tell you some of my strengths as a learner.</p>	<p><b>Setting a realistic goal</b> I can say what I want to happen when there is a problem (set a goal). I can predict and understand the consequences of reaching my goal. I can choose a realistic goal.</p>	<p><b>Knowing Myself</b> I can tell you about my gifts and talents. I can tell you something that makes me feel proud. I know when I learn best. I can tell you what I have learnt. I can tell you the things that I am good at and those that I find more difficult. I can tell when I am being impulsive and when I am thinking</p>	<p><b>Making choices</b> I can tell you about changes that I can make happen. I can make some changes quickly and easily. I know that to make some changes is hard and takes a long time. I know that I make my own choices about my behaviour.</p>	<p><b>Understanding my Feelings</b> I know more names for feelings than I did before. I can use more words to express my feelings. I can tell when I am feeling worried or anxious. I can tell you some things that make me feel anxious. I can tell when I am feeling proud. I can tell you something that makes me feel proud. I can help another person feel proud. I can tell you something that has made me jealous. I can tell when I feel</p>	<p><b>Knowing myself</b> I can tell you some things about me that have changed and some things that will not change. I can tell you how I might change in the future. I know that some changes are natural and happen 'by themselves'. I know different ways that help me to learn to do things. I can tell you what a habit is and know that it is hard to change one. I know what it means when something is or isn't your fault.</p>	<p><b>Planning to reach a goal</b> I can tell you about a plan I have made with my class to change something in our school. I can plan to overcome obstacles that might get in the way.</p>

							<p>things through. I can tell when a feeling is weak and when it is strong. I know the people who are important to me. I can tell when I feel cared for. I can tell when I love or care for someone.</p>		<p>jealous. I understand that being unkind and Hurting someone doesn't make me feel better. I can tell you how I feel when I lose someone or something I care about. I understand that if someone leaves me they might still love me. I understand that people have to make hard choices and sometimes they have no choice.</p>		
<p><b>Understanding the feelings of others</b> I can sometimes tell if other people are feeling sad or scared and I know how to make people feel better</p>	<p><b>Managing my Feelings</b> I know some more ways to calm myself down when I feel scared or upset.</p>	<p><b>Working together</b> I can work well in a group. I can decide with my group about how well we have worked together.</p>	<p><b>Resolving conflict</b> I know how to make up with a friend when we have fallen out. I can use the peaceful problem-solving process to sort out problems so both people feel OK. I can use my ability to see</p>	<p><b>Planning to reach a goal</b> I can break a goal down into small steps. I can choose a realistic goal</p>	<p><b>Persistence</b> I can resist distractions. I can work towards a reward or for the satisfaction of finishing a task. I can recognise when I am becoming bored or frustrated. I know some ways to overcome boredom and</p>	<p><b>Managing my Feelings</b> I can be still and quiet and relax my body. I know what it feels like to be relaxed. I can show or tell you what relaxed means. I know</p>	<p><b>Knowing Myself</b> I can tell you about my gifts and talents. I can tell you something that makes me feel proud. I know when I learn best. I can tell you what I have learnt. I can tell you the things that I</p>	<p><b>Standing up for Myself</b> I can tell when it is right to stand up for myself. I know how to stand up for myself.</p>			

				things from the other point of view to make a conflict situation better		frustration.	what makes me feel relaxed and what makes me feel stressed. I can tell you what places help me to relax. I can explain some things that help me stop worrying. I can change my behaviour if I stop and think about what I am doing. I can tell you something that has made me jealous. I can tell when I feel jealous. I understand that being unkind and Hurting someone doesn't make me feel	am good at and those that I find more difficult. I can tell when I am being impulsive and when I am thinking things through. I can tell when a feeling is weak and when it is strong. I know the people who are important to me. I can tell when I feel cared for. I can tell when I love or care for someone.			
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						<p>better. I can tell you how I feel when I lose someone or something I care about. I can feel proud on behalf of my friends when they have done something well. I can think of ways to make me feel better when I feel hurt. I can make myself feel better without hurting others. I can share people I care about. I can talk about my feelings when I feel alone or when I have to share someone or something that is important to me.</p>				
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	<p><b>Making choices</b> I know some ways to solve a problem.</p>	<p><b>Understanding rights and responsibilities</b> I know what I have to do myself to make the classroom and school a safe and fair place for everyone, and that it is not OK for other people to make it unsafe or unfair. I can help to make the class a safe and fair place. I can help to make my class a good place to learn.</p>	<p><b>Managing feelings - anger</b> I know when I am starting to feel angry. I know what happens on the inside and the outside of my body when I start to get angry. I know some ways to calm down when I am starting to feel angry. I know that sometimes anger builds up and up and that I can be overwhelmed by my feelings.</p>		<p><b>Making choices</b> I can think of lots of different ideas or solutions to problems. I can predict and understand the consequences of my solutions or ideas. I can choose between my ideas and give reasons.</p>	<p><b>Evaluation and review</b> I can learn from my successes. I can tell you what I have learned. I can tell you what I might do differently to learn more effectively. I can tell you why things have been successful. I can tell you what has gone wrong with a plan and why. I can talk about the bits that went well and the bits that I need to change if I used my plan again</p>		<p><b>Managing my Feelings</b> I can be still and quiet and relax my body. I know what it feels like to be relaxed. I can show or tell you what relaxed means. I know what makes me feel relaxed and what makes me feel stressed. I can tell you what places help me to relax. I can explain some things that help me stop worrying. I can change my behaviour if I stop and think about what I am doing. I can tell you something that has made me jealous. I can tell when I feel jealous. I understand that being unkind and hurting someone doesn't make me feel better. I can tell you how I feel when I lose someone or something I care about. I can feel proud on behalf of my friends when they have done something well. I can think of ways to make me feel better when I feel hurt. I can make myself feel better without hurting others. I can share people I care about. I can talk about my feelings when I feel alone or when I have to share someone or something that is important to me.</p>			
Year 2	<p><b>Belonging</b> I know that I belong to a community. I feel safe and content within my class. I feel good about the ways we are similar in the group and the ways I am different.</p>	<p><b>Self-awareness</b> I can tell you how I am the same as and different from my friends. I feel good about my strengths</p>	<p><b>Friendship</b> I can tell you what being a good friend means to me. I can listen well to other people when they are talking. I can make someone else feel good by giving them</p>	<p><b>Seeing things from another point of view</b> I know that people don't always see things in the same way. I can see things from someone else's point</p>	<p><b>Knowing myself</b> I know we learn in different ways. I can tell you some of my strengths as a learner.</p>	<p><b>Setting a realistic goal</b> I can say what I want to happen when there is a problem (set a goal). I can predict and understand the consequences</p>		<p><b>Making choices</b> I can tell you about changes that I can make happen. I can make some changes quickly and easily. I know that to make some changes is</p>	<p><b>Understanding my Feelings</b> I know more names for feelings than I did before. I can use more words to express my feelings. I can tell when I am</p>	<p><b>Knowing myself</b> I can tell you some things about me that have changed and some things that will not change. I can tell you how I might change in the future.</p>	<p><b>Planning to reach a goal</b> I can tell you about a plan I have made with my class to change something in our school. I can plan to overcome obstacles that might get in the way.</p>

	<p>I know how to make someone feel welcome.</p>		<p>a compliment. I know what to say when someone gives me a compliment.</p>	<p>of view.</p>		<p>of reaching my goal. I can choose a realistic goal.</p>		<p>hard and takes a long time. I know that I make my own choices about my behaviour.</p>	<p>feeling worried or anxious. I can tell you some things that make me feel anxious. I can tell when I am feeling proud. I can tell you something that makes me feel proud. I can help another person feel proud. I can tell you something that has made me jealous. I can tell when I feel jealous. I understand that being unkind and Hurting someone doesn't make me feel better. I can tell you how I feel when I lose someone or something I care about. I understand that if someone leaves me they might still love me. I understand</p>	<p>I know that some changes are natural and happen 'by themselves'. I know different ways that help me to learn to do things. I can tell you what a habit is and know that it is hard to change one. I know what it means when something is or isn't your fault.</p>	
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									that people have to make hard choices and sometimes they have no choice.		
	<p><b>Understanding the feelings of others</b></p> <p>I can sometimes tell if other people are feeling sad or scared and I know how to make people feel better</p>	<p><b>Managing my Feelings</b></p> <p>I know some more ways to calm myself down when I feel scared or upset.</p>	<p><b>Working together</b></p> <p>I can work well in a group. I can decide with my group about how well we have worked together.</p>	<p><b>Resolving conflict</b></p> <p>I know how to make up with a friend when we have fallen out. I can use the peaceful problem-solving process to sort out problems so both people feel OK. I can use my ability to see things from the other point of view to make a conflict situation better</p>	<p><b>Planning to reach a goal</b></p> <p>I can break a goal down into small steps. I can choose a realistic goal</p>	<p><b>Persistence</b></p> <p>I can resist distractions. I can work towards a reward or for the satisfaction of finishing a task. I can recognise when I am becoming bored or frustrated. I know some ways to overcome boredom and frustration.</p>		<p><b>Knowing Myself</b></p> <p>I know about myself and how I learn. I can extend my learning. I can tell you the things I am good at. I can recognise when I find something difficult and do something about it or cope with how that makes me feel. I can tell when something is my fault and when something is not my fault. I can take responsibility for my behaviour. I can tell you the things that hurt my feelings.</p>	<p><b>Standing up for Myself</b></p> <p>I can tell when it is right to stand up for myself. I know how to stand up for myself.</p>		

	<p><b>Making choices</b> I know some ways to solve a problem.</p>	<p><b>Understanding rights and responsibilities</b> I know what I have to do myself to make the classroom and school a safe and fair place for everyone, and that it is not OK for other people to make it unsafe or unfair. I can help to make the class a safe and fair place. I can help to make my class a good place to learn.</p>	<p><b>Managing feelings - anger</b> I know when I am starting to feel angry. I know what happens on the inside and the outside of my body when I start to get angry. I know some ways to calm down when I am starting to feel angry. I know that sometimes anger builds up and up and that I can be overwhelmed by my</p>		<p><b>Making choices</b> I can think of lots of different ideas or solutions to problems. I can predict and understand the consequences of my solutions or ideas. I can choose between my ideas and give reasons.</p>	<p><b>Evaluation and review</b> I can learn from my successes. I can tell you what I have learned. I can tell you what I might do differently to learn more effectively. I can tell you why things have been successful. I can tell you what has gone wrong with a plan and why. I can talk about the bits that went well and the bits that I need to change if I used my plan again</p>	<p><b>Making Choices</b> I can use the problem-solving process.</p>	<p><b>Managing my Feelings</b> I can think about my worries and decide what I might do about them. I can tell when I should share a worry. I know that most people have worries. I can stop and think before I act. I can recognise when I am beginning to get upset or angry and have some ways to calm down. I can use strategies to help me cope with feelings of disappointment and feelings of hopelessness. I can choose when to show my feelings and when to hide them. I can tell if I have hidden my feelings. I can tell when it is good to relax. I can relax when I want to. I can tell when I feel ashamed about something. I know when to tell someone about it. I know some things to do when I feel guilty.</p>			
Year 3	<p><b>Belonging</b> I know something about everyone in my class. I know that I am valued at school. I know how to make someone feel welcomed and valued at school. I know what it feels like to be unwelcome. I know how to join a group.</p>	<p><b>Self-awareness</b> I can tell you one special thing about me</p>	<p><b>Friendship</b> I know how to: look and sound friendly; be a good listener (taking turns); give and receive compliments; see things from someone else's point of view. I can tell you lots of ways to give 'friendship tokens' to other people. together.</p>	<p><b>Seeing something from someone else's point of view</b> I know how to see things from someone else's point of view.</p>	<p><b>Knowing myself</b> I can tell you about myself as a learner. I can use my strengths as a learner. I know that I am responsible for my own learning and behaviour. I know what I need to learn effectively. I know how my feelings can influence my learning.</p>	<p><b>Setting a realistic goal</b> I can foresee obstacles and plan to overcome them when I am setting goals.</p>		<p><b>Managing my Feelings</b> I can think about my worries and decide what I might do about them. I can tell when I should share a worry. I know that most people have worries. I can stop and think before I act. I can recognise when I am beginning to</p>	<p><b>Understanding my Feelings</b> I can tell you what feeling surprised is like. I can tell you whether I like surprises or I like things to stay the same. I can explain what hopeful and disappointed mean. I understand why we sometimes fight or run</p>	<p><b>Knowing Myself</b> I know that change can be really good and can tell you about some changes that have made our lives much better. I know that everybody goes through many different sorts of change all the time. I can tell you about some of the things that have changed in my life, and</p>	<p><b>Understanding my feelings</b> I know that even changes we want to happen can sometimes feel uncomfortable. I can tell you how I would feel if a change that I didn't want to happen was imposed on me. I know some of the reasons that change can feel uncomfortable and scary.</p>

								<p>get upset or angry and have some ways to calm down. I can use strategies to help me cope with feelings of disappointment and feelings of hopelessness. I can choose when to show my feelings and when to hide them. I can tell if I have hidden my feelings. I can tell when it is good to relax. I can relax when I want to. I can tell when I feel ashamed about something. I know when to tell someone about it. I know some things to do when I feel guilty.</p> <p><b>Knowing Myself</b></p> <p>I know about myself and how I learn. I can extend my learning. I can tell you the things I</p>	<p>away when we feel threatened. I know why it is sometimes important to stop and think when we feel angry or stressed. I can stop and think before I act. I can express feelings of guilt. I can say when I might feel guilty. I know when I will feel guilty and use this when I make a choice.</p>	<p>how I feel about them. I know that what we feel and think affects what we do (how we behave). I can tell you why I behave as I do when I am finding a change difficult.</p>	
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								<p>am good at. I can recognise when I find something difficult and do something about it or cope with how that makes me feel. I can tell when something is my fault and when something is not my fault. I can take responsibility for my behaviour. I can tell you the things that hurt my feelings.</p>			
<p><b>Understanding my Feelings</b> I know how it feels to be happy, sad or scared and can usually tell if other people are feeling these emotions. I can predict how I am going to feel in a new situation or meeting new people.</p>	<p><b>Managing my Feelings</b> I know how it feels to do or start something new, and some ways to cope with these feelings. I can manage my feelings and usually find a way to calm myself down when necessary</p>	<p><b>Working together</b> I can take on a role in a group and contribute to the overall outcome. I can discuss in a group how well we are working</p>	<p><b>Managing feelings - anger</b> I know: what my triggers for anger are; how our bodies change when we start to get angry; some ways to calm down when I start feeling angry. I understand why it is</p>	<p><b>Planning to reach a goal</b> I can set success criteria so that I will know whether I have reached my goal. I can break down a goal into a number of steps and wait for the result. I know how others can help me to achieve my goals and how I can help others.</p>	<p><b>Persistence</b> I can recognise when I find learning difficult and persevere when I need to. I can manage frustration by using a number of strategies. I can tell you how I keep going even when the</p>		<p><b>Managing my Feelings</b> I can think about my worries and decide what I might do about them. I can tell when I should share a worry. I know that most people have worries. I can stop and think before I act.</p>	<p><b>Standing up for Myself</b> I can choose to act assertively. I know how to be assertive. I can express myself assertively in a variety of ways.</p>	<p><b>Understanding the feelings of others</b> I can sometimes understand why other people are behaving as they are when they are finding a change difficult.</p>	<p><b>Managing my feelings</b> I know some ways of dealing with the feelings that sometimes arise from changes.</p>	

				important to calm down before I am overwhelmed by feelings of anger I can tell you some of the ways that I can stop myself being overwhelmed by feelings of anger. I know how it feels to be overwhelmed by feelings		task is difficult or boring. I know when to keep trying and when to try something else. I can identify some barriers to my learning. I can think of ways to overcome barriers to my learning. I can understand that some thoughts help me reach my goal and some are a barrier.		I can recognise when I am beginning to get upset or angry and have some ways to calm down. I can use strategies to help me cope with feelings of disappointment and feelings of hopelessness. I can choose when to show my feelings and when to hide them. I can tell if I have hidden my feelings. I can tell when it is good to relax. I can relax when I want to. I can tell when I feel ashamed about something. I know when to tell someone about it. I know some things to do when I feel guilty.			
<b>Making choices</b> I know some more ways to solve a problem.	<b>Social Skills</b> I can give and accept a compliment. <b>Understanding rights and responsibilities</b> I can contribute towards making a class charter. I understand my rights and responsibilities in the school. I understand why we need to have different rules in different places, and to know what the	<b>Resolving conflict</b> I can use peaceful problem solving to sort out difficulties. I can tell you what a 'win-win' solution is and always try to find one in a conflict situation			<b>Making choices</b> I can identify advantages and disadvantages of the solutions or goals I set myself. I can predict the consequences of my actions/solutions or goals for myself, other individuals or groups. I can make a choice about what to do based on my predictions of the likely consequences.	<b>Evaluation and review</b> I can tell you how I am going to apply what I have learned. I am able to take responsibility for my actions and learning when the outcomes are positive or negative. I can recognise when I have reached my goal or been successful with my learning. I can tell you		<b>Knowing Myself</b> I know about myself and how I learn.	<b>Understanding the Feelings of Others</b> I can understand how I might hurt others. I know how most people feel when they lose something or someone they love	<b>Planning to reach a goal</b> I can tell you about a plan I have made to change something about my behaviour. I can think about and plan to overcome obstacles.	<b>Belonging to a community</b> I can tell you how it feels to belong to a group, and know it is important for everyone.

rules are in school.

what has gone wrong with a plan and why. I can talk about the bits that went well and the bits that I need to change if I used my plan again.

I can extend my learning.  
I can tell you the things I am good at.  
I can recognise when I find something difficult and do something about it or cope with how that makes me feel.  
I can tell when something is my fault and when something is not my fault.  
I can take responsibility for my behaviour.  
I can tell you the things that hurt my feelings.

**Managing my Feelings**

I can think about my worries and decide what I might do about them.  
I can tell when I should share a worry.  
I know that most people have worries.  
I can stop and

								<p>think before I act.</p> <p>I can recognise when I am beginning to get upset or angry and have some ways to calm down.</p> <p>I can use strategies to help me cope with feelings of disappointment and feelings of hopelessness.</p> <p>I can choose when to show my feelings and when to hide them.</p> <p>I can tell if I have hidden my feelings.</p> <p>I can tell when it is good to relax.</p> <p>I can relax when I want to.</p> <p>I can tell when I feel ashamed about something.</p> <p>I know when to tell someone about it.</p> <p>I know some things to do when I feel guilty.</p>			
Year 4	<p><b>Belonging</b></p> <p>I know something about everyone</p>	<p><b>Self-awareness</b></p> <p>I can tell you one special</p>	<p><b>Friendship</b></p> <p>I know how to: look and sound friendly; be a</p>	<p><b>Seeing something from someone</b></p>	<p><b>Knowing myself</b></p> <p>I can tell you about myself as a learner. I can use</p>	<p><b>Setting a realistic goal</b></p> <p>I can foresee obstacles and</p>		<p><b>Managing my Feelings</b></p> <p>I can think about my</p>	<p><b>Understanding my Feelings</b></p> <p>I can tell you</p>	<p><b>Knowing Myself</b></p> <p>I know that change can be</p>	<p><b>Understanding my feelings</b></p> <p>I know that even changes we want to</p>

	<p>in my class. I know that I am valued at school. I know how to make someone feel welcomed and valued at school. I know what it feels like to be unwelcome. I know how to join a group.</p>	<p>thing about me</p>	<p>good listener (taking turns); give and receive compliments; see things from someone else's point of view. I can tell you lots of ways to give 'friendship tokens' to other people.</p>	<p><b>else's point of view</b> I know how to see things from someone else's point of view.</p>	<p>my strengths as a learner. I know that I am responsible for my own learning and behaviour. I know what I need to learn effectively. I know how my feelings can influence my learning.</p>	<p>plan to overcome them when I am setting goals.</p>		<p>worries and decide what I might do about them. I can tell when I should share a worry. I know that most people have worries. I can stop and think before I act. I can recognise when I am beginning to get upset or angry and have some ways to calm down. I can use strategies to help me cope with feelings of disappointment and feelings of hopelessness. I can choose when to show my feelings and when to hide them. I can tell if I have hidden my feelings. I can tell when it is good to relax. I can relax when I want to. I can tell when I feel ashamed about something.</p>	<p>what feeling surprised is like. I can tell you whether I like surprises or I like things to stay the same. I can explain what hopeful and disappointed mean. I understand why we sometimes fight or run away when we feel threatened. I know why it is sometimes important to stop and think when we feel angry or stressed. I can stop and think before I act. I can express feelings of guilt. I can say when I might feel guilty. I know when I will feel guilty and use this when I make a choice.</p>	<p>really good and can tell you about some changes that have made our lives much better. I know that everybody goes through many different sorts of change all the time. I can tell you about some of the things that have changed in my life, and how I feel about them. I know that what we feel and think affects what we do (how we behave). I can tell you why I behave as I do when I am finding a change difficult.</p>	<p>happen can sometimes feel uncomfortable. I can tell you how I would feel if a change that I didn't want to happen was imposed on me. I know some of the reasons that change can feel uncomfortable and scary.</p>
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								<p>I know when to tell someone about it. I know some things to do when I feel guilty.</p> <p><b>Knowing Myself</b></p> <p>I accept myself for who and what I am. I can think about what embarrasses me and learn something about me that I didn't know before.</p>			
<p><b>Understanding my Feelings</b></p> <p>I know how it feels to be happy, sad or scared and can usually tell if other people are feeling these emotions. I can predict how I am going to feel in a new situation or meeting new people</p>	<p><b>Managing my Feelings</b></p> <p>I know how it feels to do or start something new, and some ways to cope with these feelings. I can manage my feelings and usually find a way to calm myself down when necessary</p>	<p><b>Working together</b></p> <p>I can take on a role in a group and contribute to the overall outcome. I can discuss in a group how well we are working</p>	<p><b>Managing feelings - anger</b></p> <p>I know: what my triggers for anger are; how our bodies change when we start to get angry; some ways to calm down when I start feeling angry. I understand why it is important to calm down before I am overwhelmed by feelings of anger I can tell you some of the</p>	<p><b>Planning to reach a goal</b></p> <p>I can set success criteria so that I will know whether I have reached my goal. I can break down a goal into a number of steps and wait for the result. I know how others can help me to achieve my goals and how I can help others.</p>	<p><b>Persistence</b></p> <p>I can recognise when I find learning difficult and persevere when I need to. I can manage frustration by using a number of strategies. I can tell you how I keep going even when the task is difficult or boring. I know when to keep trying and when to try something</p>		<p><b>Managing my Feelings</b></p> <p>I can think about my worries and decide what I might do about them. I can tell when I should share a worry. I know that most people have worries. I can stop and think before I act. I can recognise when I am beginning to get upset or angry and have some ways to calm down. I can use</p>	<p><b>Standing up for Myself</b></p> <p>I can choose to act assertively. I know how to be assertive. I can express myself assertively in a variety of ways.</p>	<p><b>Understanding the feelings of others</b></p> <p>I can sometimes understand why other people are behaving as they are when they are finding a change difficult.</p>	<p><b>Managing my feelings</b></p> <p>I know some ways of dealing with the feelings that sometimes arise from changes.</p>	

				ways that I can stop myself being overwhelmed by feelings of anger. I know how it feels to be overwhelmed by feelings of anger.		else. I can identify some barriers to my learning. I can think of ways to overcome barriers to my learning. I can understand that some thoughts help me reach my goal and some are a barrier.		strategies to help me cope with feelings of disappointment and feelings of hopelessness. I can choose when to show my feelings and when to hide them. I can tell if I have hidden my feelings. I can tell when it is good to relax. I can relax when I want to. I can tell when I feel ashamed about something. I know when to tell someone about it. I know some things to do when I feel guilty.			
<p><b>Making choices</b> I know some more ways to solve a problem.</p>	<p><b>Social skills</b> I can give and accept a compliment.</p> <p><b>Understanding rights and responsibilities</b> I can contribute towards making a class charter. I understand my rights and responsibilities in the school. I understand why we need to have different rules in different places, and to know what the rules are in school.</p>	<p><b>Resolving conflict</b> I can use peaceful problem solving to sort out difficulties. I can tell you what a 'win-win' solution is and always try to find one in a conflict situation</p>	<p><b>Making choices</b> I can identify advantages and disadvantages of the solutions or goals I set myself. I can predict the consequences of my actions/solutions or goals for myself, other individuals or groups. I can make a choice about what to do based on my predictions of the likely consequences.</p>	<p><b>Evaluation and review</b> I can tell you how I am going to apply what I have learned. I am able to take responsibility for my actions and learning when the outcomes are positive or negative. I can recognise when I have reached my goal or been successful with my learning. I can tell you what has gone wrong with a plan and why. I can talk about the bits that went well and</p>	<p><b>Knowing Myself</b> I accept myself for who and what I am. I can think about what embarrasses me and learn something about me that I didn't know before.</p>	<p><b>Understanding the Feelings of Others</b> I can understand how I might hurt others. I know how most people feel when they lose something or someone they love</p>	<p><b>Planning to reach a goal</b> I can tell you about a plan I have made to change something about my behaviour. I can think about and plan to overcome obstacles.</p>	<p><b>Belonging to a community</b> I can tell you how it feels to belong to a group, and know it is important for everyone.</p>			

						the bits that I need to change if I used my plan again.					
Year 5	<p><b>Belonging</b> I have worked with and talked to everyone in my class. I know that I am valued at school.</p>	<p><b>Managing my Feelings</b> I have some strategies to cope with uncomfortable feelings and to calm myself when necessary.</p>	<p><b>Friendship</b> I know that my relationships are all different and that different ways of behaving are appropriate to different types of relationships. I can accept and appreciate people's friendship and try not to demand more than they are able or wish to give. I know that sometimes difference can be a barrier to friendship. I try to recognise when I, or other people, are prejudging people, and I make an effort to overcome my own assumptions.</p>	<p><b>Seeing things from someone else's perspective</b> I am able to see a situation from another person's perspective. I know how it can feel to be excluded or treated badly because of being different in some way.</p>	<p><b>Knowing myself</b> I know the skills and attributes of an effective learner. I can try to develop these skills. I know what some of the people in my class like or admire about me. I can recognise when I am using an excuse instead of finding a way around a problem. I can recognise and celebrate my own achievements.</p>	<p><b>Setting a realistic goal</b> I can set myself a goal or challenge. Planning to reach a goal I can make a long-term personal or learning plan and break it down into smaller, achievable goals. I know that it is up to me to get things done by taking the first step.</p>		<p><b>Managing my Feelings</b> I can use some strategies to help me when I feel useless or inadequate. I can feel positive even when things are going wrong. I can avoid situations that are likely to hurt my feelings or make me angry. I can recognise when I am feeling worried. I know how to do something about my worry. I know when and how to stop and think before I act. I know some things to do when I feel embarrassed that will not make things worse. I can use some strategies to manage</p>	<p><b>Understanding my Feelings</b> I can tell the difference between showing I am proud and boasting. I know that boasting can make other people feel inadequate or useless. I can explain how I am feeling even if I have mixed feelings. I understand that sometimes the feeling part of my brain takes over and I might make mistakes. I can understand how my strong feelings might build up and how I might be overwhelmed by my feelings. I can recognise when I am beginning to</p>	<p><b>Knowing myself</b> I am aware of common responses to difficult changes, and that they are sometimes similar to our responses when experiencing loss. I can tell you some of the good things about me that my classmates like and value.</p>	<p><b>Understanding my feelings</b> I understand how it might feel when a change takes you away from familiar people and places. I can tell you my 'sore spots'. I can recognise when I might over-react because someone has touched a 'sore spot'. I recognise that my behaviour is my responsibility, even when someone has touched a 'sore spot'. I know that it is natural to be wary of change, and can tell you why. I know that all feelings, including uncomfortable ones have a purpose and give us information. I understand why I behave the way I do sometimes when I feel uncomfortable.</p>

								<p>feelings associated with loss. I can tell when I am hiding a feeling and then choose to share it with someone.</p>	<p>be overwhelmed by my feelings and can use a calming-down strategy. I know that if I have once been overwhelmed by my feelings I might easily 'lose it' again another time. I understand that there is not just one way to grieve. I can tell you about a time that I felt embarrassed and what it felt like. I have helped someone who felt embarrassed. I know how to make people feel good about themselves. I know some of the feelings people have when someone close dies or leaves. I understand that different people show their feelings in different ways.</p>		
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	<p><b>Understanding my Feelings</b> I understand how it feels to do or start something new, and why.</p>	<p><b>Social skills</b> I work well in a group and can tell you what helps my group to work well together.</p>	<p><b>Working together</b> I can tell you some things that a good leader should do. When I am working in a group I can tell people if I agree or don't agree with them and why. When I am working in a group I can listen to people when they don't agree with me and think about what they have said</p>	<p><b>Managing feelings - anger</b> I know: what my triggers are for anger; what happens when I get angry; what happens when I am overwhelmed by feelings of anger; some ways to calm myself down. I can consider the short- and long-term consequences of my behaviour in order to make a wise choice, even when I am feeling angry. I know I am responsible for the choices I make and the way I behave, even if I am very angry. I know how my behaviour is linked to my thoughts and feelings. I can stop and try to get an accurate</p>	<p><b>Persistence</b> I know that if at first I don't succeed it is worth trying again. I can try again even when I have been unsuccessful.</p>	<p><b>Making choices</b> I can make a long-term plan and break it down into smaller, achievable goals in my personal life or in my behaviour. I can consider the consequences of possible solutions or reaching my goal for myself, others and for communities or groups.</p>		<p><b>Making Choices</b> I can make a judgement about whether to take a risk I understand when breaking friends might be the best thing to do. I can use a problem-solving approach to sorting out an embarrassing situation.</p>	<p><b>Understanding the feelings of others</b> I have helped someone who felt embarrassed. I know how to make people feel good about themselves. I know some of the feelings people have when someone close dies or leaves. I understand that different people show their feelings in different ways.</p>	<p><b>Understanding the feelings of others</b> I can try to understand why people might behave the way they do when they are facing a difficult change. I know that people respond differently to changes and challenges. I know that many children have mixed feelings about going to secondary school. I try to understand other people's behaviour by thinking about what they might be feeling or thinking. I can tell you about how people might feel and behave when they go to a new school.</p>	<p><b>Managing my feelings</b> I know that when I move to secondary school many things in my life will stay the same. I have some strategies for managing the feelings that I might experience when I change schools. I know that sometimes there can be positive outcomes from changes that we didn't welcome initially.</p>
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				picture before I act.							
	<p><b>Understanding the feelings of others</b></p> <p>I know how others may be feeling when they are in an unfamiliar situation. I can help them to feel valued and welcomed.</p>		<p><b>Resolving conflict</b></p> <p>I can say things and do things that are likely to make a difficult situation better. I can use my skills for solving problems peacefully to help other people resolve conflict. I can tell you things that I or other people sometimes do or say in a conflict situation that usually make things worse. I know that it is important in a conflict situation to talk about what someone has done or said, not the person themselves. I can use language ('I messages') that does not make conflict situations</p>		<p><b>Evaluation and review</b></p> <p>I can apply what I have learned. I can tell you what I need to learn next. I can be a critical friend to others and myself</p>			<p><b>Knowing Myself</b></p> <p>I accept myself for who and what I am. I can think about what embarrasses me and learn something about me that I didn't know before.</p>	<p><b>Standing up for Myself</b></p> <p>I can disagree with someone without falling out. I can cope when someone disagrees with me. I can stand up for what I think after listening to others and making my own choice. I understand that the majority view is not always right. I can behave in an assertive way using appropriate body language and tone of voice.</p>		

			worse								
	<p><b>Making choices</b> I can explain how I go about solving a problem and can give you an example of a problem I have solved.</p>	<p><b>Understanding rights and responsibilities</b> I understand my rights and responsibilities in the school. I know some of the things that help us in school to learn and play well together. I understand the need for rules in society and why we have the rules we do in school. If I don't agree with something in school, I know how to go about trying to change things.</p>							<p><b>Social skills</b> I can break friends with someone without hurting their feelings. I can recognise when I am using a put-down. I can recognise stereotyping. I can try to challenge stereotypes. I can tell you about the people who are important to me. I can help support someone who is unhappy because they have lost someone or something. I can think about when to forgive someone. I can forgive someone.</p>	<p><b>Belonging to a community</b> I know how change can interfere with our feeling of belonging and can make us feel insecure and unconfident.</p>	
Year 6	<p><b>Belonging</b> I have worked with and talked to everyone in my class. I know</p>	<p><b>Managing my Feelings</b> I have some strategies to cope with uncomfortable</p>	<p><b>Friendship</b> I know that my relationships are all different and</p>	<p><b>Seeing things from someone else's perspective</b> I am able to</p>	<p><b>Knowing myself</b> I know the skills and attributes of an effective learner. I can try to develop these</p>	<p><b>Setting a realistic goal</b> I can set myself a goal or challenge. Planning to</p>		<p><b>Managing my Feelings</b> I can use some strategies to help me when I feel useless or</p>	<p><b>Understanding my Feelings</b> I can tell the difference between</p>	<p><b>Knowing myself</b> I am aware of common responses to difficult</p>	<p><b>Understanding my feelings</b> I understand how it might feel when a change takes you away from familiar people</p>

	<p>that I am valued at school.</p>	<p>feelings and to calm myself when necessary.</p>	<p>that different ways of behaving are appropriate to different types of relationships. I can accept and appreciate people's friendship and try not to demand more than they are able or wish to give. I know that sometimes difference can be a barrier to friendship. I try to recognise when I, or other people, are prejudging people, and I make an effort to overcome my own</p>	<p>see a situation from another person's perspective. I know how it can feel to be excluded or treated badly because of being different in some way.</p>	<p>skills. I know what some of the people in my class like or admire about me. I can recognise when I am using an excuse instead of finding a way around a problem. I can recognise and celebrate my own achievements.</p>	<p>reach a goal I can make a long-term personal or learning plan and break it down into smaller, achievable goals. I know that it is up to me to get things done by taking the first step.</p>		<p>inadequate. I can feel positive even when things are going wrong. I can avoid situations that are likely to hurt my feelings or make me angry. I can recognise when I am feeling worried. I know how to do something about my worry. I know when and how to stop and think before I act. I know some things to do when I feel embarrassed that will not make things worse. I can use some strategies to manage feelings associated with loss. I can tell when I am hiding a feeling and then choose to share it with someone.</p>	<p>showing I am proud and boasting. I know that boasting can make other people feel inadequate or useless. I can explain how I am feeling even if I have mixed feelings. I understand that sometimes the feeling part of my brain takes over and I might make mistakes. I can understand how my strong feelings might build up and how I might be overwhelmed by my feelings. I can recognise when I am beginning to be overwhelmed by my feelings and can use a calming-down strategy. I know that if I have once been overwhelmed by my feelings</p>	<p>changes, and that they are sometimes similar to our responses when experiencing loss. I can tell you some of the good things about me that my classmates like and value.</p>	<p>and places. I can tell you my 'sore spots'. I can recognise when I might over-react because someone has touched a 'sore spot'. I recognise that my behaviour is my responsibility, even when someone has touched a 'sore spot'. I know that it is natural to be wary of change, and can tell you why. I know that all feelings, including uncomfortable ones have a purpose and give us information. I understand why I behave the way I do sometimes when I feel uncomfortable.</p>
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									<p>I might easily 'lose it' again another time. I understand that there is not just one way to grieve. I can tell you about a time that I felt embarrassed and what it felt like. I have helped someone who felt embarrassed. I know how to make people feel good about themselves. I know some of the feelings people have when someone close dies or leaves. I understand that different people show their feelings in different ways.</p>		
<p><b>Understanding my Feelings</b> I understand how it feels to do or start something new, and why.</p>	<p><b>Social skills</b> I work well in a group and can tell you what helps my group to work well together.</p>	<p><b>Working together</b> I can tell you some things that a good leader should do. When I am working in a group I can tell people if I agree or don't</p>	<p><b>Managing feelings - anger</b> I know: what my triggers are for anger; what happens when I get angry; what happens</p>	<p><b>Persistence</b> I know that if at first I don't succeed it is worth trying again. I can try again even when I have been unsuccessful.</p>	<p><b>Making choices</b> I can make a long-term plan and break it down into smaller, achievable goals in my personal life or in my</p>		<p><b>Making Choices</b> I can make a judgement about whether to take a risk I understand when breaking friends might be the best</p>	<p><b>Understanding the feelings of others</b> I have helped someone who felt embarrassed. I know how to make people feel good about</p>	<p><b>Understanding the feelings of others</b> I can try to understand why people might behave the way they do when they are facing a difficult</p>	<p><b>Managing my feelings</b> I know that when I move to secondary school many things in my life will stay the same. I have some strategies for managing the feelings that I might experience when I change schools.</p>	

			<p>agree with them and why. When I am working in a group I can listen to people when they don't agree with me and think</p>	<p>when I am overwhelmed by feelings of anger; some ways to calm myself down. I can consider the short- and long-term consequences of my behaviour in order to make a wise choice, even when I am feeling angry. I know I am responsible for the choices I make and the way I behave, even if I am very angry. I know how my behaviour is linked to my thoughts and feelings. I can stop and try to get an accurate picture before I act.</p>		<p>behaviour. I can consider the consequences of possible solutions or reaching my goal for myself, others and for communities or groups.</p>		<p>thing to do. I can use a problem-solving approach to sorting out an embarrassing situation.</p>	<p>themselves. I know some of the feelings people have when someone close dies or leaves. I understand that different people show their feelings in different ways.</p>	<p>change. I know that people respond differently to changes and challenges. I know that many children have mixed feelings about going to secondary school. I try to understand other people's behaviour by thinking about what they might be feeling or thinking. I can tell you about how people might feel and behave when they go to a new school.</p>	<p>I know that sometimes there can be positive outcomes from changes that we didn't welcome initially.</p>
<p><b>Understanding the feelings of others</b> I know how others may be feeling when they are in an unfamiliar situation. I can</p>	<p><b>Making choices</b> I can explain how I go about solving a problem and can give you an example of a problem I have</p>	<p><b>Resolving conflict</b> I can say things and do things that are likely to make a difficult situation</p>		<p><b>Evaluation and review</b> I can apply what I have learned. I can tell you what I need to learn next. I can be a critical friend to others and myself</p>					<p><b>Standing up for Myself</b> I can disagree with someone without falling out. I can cope</p>		

<p>help them to feel valued and welcomed.</p>	<p>solved.</p>	<p>better. I can use my skills for solving problems peacefully to help other people resolve conflict. I can tell you things that I or other people sometimes do or say in a conflict situation that usually make things worse. I know that it is important in a conflict situation to talk about what someone has done or said, not the person themselves. I can use language ('I messages') that does not make conflict situations worse</p>							<p>when someone disagrees with me. I can stand up for what I think after listening to others and making my own choice. I understand that the majority view is not always right. I can behave in an assertive way using appropriate body language and tone of voice.</p>		
<p><b>Understanding rights and responsibilities</b> I understand my rights and responsibilities in the school. I know some of the things that help us in school to learn and play well together. I</p>									<p><b>Social skills</b> I can break friends with someone without hurting their feelings. I can recognise when I am using a put-down. I can</p>	<p><b>Belonging to a community</b> I know how change can interfere with our feeling of belonging and can make us feel insecure and unconfident.</p>	

	<p>understand the need for rules in society and why we have the rules we do in school. If I don't agree with something in school, I know how to go about trying to change things</p>							<p>recognise stereotyping. I can try to challenge stereotypes. I can tell you about the people who are important to me. I can help support someone who is unhappy because they have lost someone or something. I can think about when to forgive someone. I can forgive someone.</p>		
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