

	Self-awareness & Emotional Literacy	Relationships & Social Skills	Health, Wellbeing & Self-care	Safety & Safeguarding	Citizenship
EYFS	Recognise themselves as unique and identify people who are important to them. Notice and name a range of feelings and use simple breathing strategies to calm themselves. Begin to show resilience.	Begin to play alongside and with others, taking turns. Start to understand kindness, sharing, fairness, friendship and show caring behaviour. Recognise similarities and differences between people, families and homes.	Begin to understand how to look after their body and the importance of food, hygiene, movement, rest and sleep. Explore what is un/safe indoors, outdoors and what is safe to put into their body to keep healthy. Engage in mindful movement and sensory awareness. Begin to understand life stages and growing.	Identify people who keep them safe and begin to understand rules for safety, including water safety, safe and unsafe touches. Begin to understand online safety and the sharing of images. Learn simple rules about medicine and substances.	Begin to care for their environment and show an awareness of nature and living things. Develop early resilience and perseverance. Show responsibility at home and at school. Begin to understand money: spending and saving.
YEARS 1 & 2	Recognise and identify how feelings in themselves and others affect our bodies and our behaviour. Begin to manage strong feelings and then use strategies to calm down when angry or overwhelmed. Develop optimism and positive self-talk to build confidence and perseverance.	Understand what makes a good friend, show respect and inclusion. Identify unkind behaviour, teasing and bullying and know how to respond. Begin to resolve simple conflicts with support and then more independently. Show and understand the impact of kindness and empathy and also exclusion.	Develop routines for hygiene, sleep and healthy eating and then understand how to care for their body: cleanliness, personal hygiene and exercise. Learn basic first aid awareness.	Understand personal boundaries and privacy, safe and unsafe touches; know how to ask for help, who to tell and when to keep secrets. Recognise unsafe situations, including online and understand the importance of online safety and the sharing of images. Develop the confidence to say, "Stop it. I don't like it." Know rules about keeping safe around medicines and substances.	Understand rules and take responsibility within the classroom and school. Care for shared places, belongings and how to look after the environment. Begin to show gratitude through actions. Learn about money and responsible spending.

YEARS 3 & 4	Understand how the brain manages feelings and behaviour and recognise complex emotions and pressure. Use breathing and mindful strategies independently. Recognise strengths and talents and develop problem-solving and decision-making skills. Prepare emotionally for changes and transitions.	Build respectful friendships and challenge unkindness, stereotypes and discrimination. Show empathy and celebrate differences and similarities. Understand peer pressure and consent to make safe choices and develop personal boundaries. Develop assertiveness and respectful communication.	Understand healthy eating to prevent illness and how the body works. Understand emotional well-being. Learn basic first aid and safety and about medicines and health professionals. Prepare for puberty and bodily changes.	Identify and assess danger, risks and hazards. Understand substance awareness and know how to seek help. Use strategies independently to keep safe in the community and online. Understand rights and responsibilities.	Understanding earning and spending money, taxes and public spending. Appreciate volunteers and community roles and how individuals can make a differences and participate in community discussions and actions. Show responsibility Show responsibility for shared environments.
YEARS 5 & 6	Understand emotional needs, mental well-being and manage stress and anxiety using mindfulness strategies alongside advanced emotional regulation strategies. Reflect on personal strengths and challenges, identity, self-image and confidence.	Build healthy, respectful friendships and resolve complex friendship issues. Recognise bullying and discrimination (including online) and show respect, tolerance and inclusion. Challenge gender stereotypes, prejudice and peer influences and use assertiveness appropriately. Prepare for secondary school relationships.	Understand healthy lifestyles alongside the harmful effects of drugs, alcohol, vaping and the law. Learn about puberty, body image and emotional changes. Develop strategies for lifelong well-being, independence and responsibility.	Assess risks and make informed decisions about online sharing and responsibility. Develop digital literacy. Assess risk in real-life and online contexts. Understand consent, privacy and exploitation. Learn and apply first aid confidently and develop sepsis awareness.	Understand budgeting, saving and spending responsibly and ethically. Understand rights, duties, democracy, laws and government. Contribute positively to school and community life and take action to care for the environment. Reflect on aspirations, careers and future life skills.