



STANNINGLEY PRIMARY SCHOOL MINDMATE CURRICULUM MAP



	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
AUTUMN 1	FEELING GOOD AND BEING ME. Recognising feelings	FEELING GOOD AND BEING ME. Celebrating strengths	LIFE CHANGES New faces, new routines	FEELING GOOD AND BEING ME. Intensity of feelings	FEELING GOOD AND BEING ME. Self- belief	FEELING GOOD AND BEING ME. Self- integrity
AUTUMN 2	IDENTIFYING SOCIETY AND EQUALITY Me and others	FRIENDS AND FAMILY. Impact of behaviour on others	FRIENDS AND FAMILY. Unkind behaviours	FRIENDS AND FAMILY. Skills to maintain and keep positive relationships.	FRIENDS AND FAMILY. Unhealthy friendships and relationships	FRIENDS AND FAMILY. Celebrating friendship.
SPRING 1	LIFE CHANGES Talking about my feelings.	LIFE CHANGES LOSS Talk about feeling sad at losing something	LIFE CHANGES Learning to handle change.	LIFE CHANGES Accept feelings of a wide range of emotions.	LIFE CHANGES Aspirations to manage change positively.	LIFE CHANGES Moving on Talk about changes I am looking forward to.
SPRING 2	STRONG EMOTIONS Fair/Unfair; Right/wrong	STRONG EMOTIONS Comfortable/ uncomfortable feelings.	STRONG EMOTIONS Knowing it's ok to feel strong emotions	STRONG EMOTIONS Resisting pressure	STRONG EMOTIONS Mental Health	STRONG EMOTIONS Emotional wellbeing
SUMMER 1	BEING THE SAME, BEING DIFFERENT Celebrating differences	BEING THE SAME, BEING DIFFERENT Beginning to understand empathy.	BEING THE SAME, BEING DIFFERENT Differing opinions	BEING THE SAME, BEING DIFFERENT Effects of discrimination	BEING THE SAME, BEING DIFFERENT Stigma and stereotyping	BEING THE SAME, BEING DIFFERENT Body image /Social media
SUMMER 2	SOLVING PROBLEMS/ MAKING IT BETTER Setting goals and targets	SOLVING PROBLEMS/ MAKING IT BETTER Not giving up/perseverance	SOLVING PROBLEMS/ MAKING IT BETTER Dealing with difficult situations	SOLVING PROBLEMS/ MAKING IT BETTER Coping with difficult situations	SOLVING PROBLEMS/ MAKING IT BETTER Talking it through Restorative justice	SOLVING PROBLEMS/ MAKING IT BETTER Winning - What does it take?