



MINDMATE PROGRESSION IN SKILLS Y2 REQUIREMENTS



MindMate Lessons teaching resource is a Spiral SEMH curriculum from KS1 to KS4 to fit into the Personal, Social, Health and Economic (PSHE) curriculum

AUTUMN 1	SPRING 1	SUMMER 1
<p>FEELING GOOD & BEING ME:</p> <p><u>Celebrate strengths:</u> I'm good at... and I am going to try and be better at...</p> <p>Learning outcomes: knowledge</p> <p>Pupils should have the opportunity to</p> <ul style="list-style-type: none"> recognise and celebrate their strengths set simple but challenging goals To learn from their experiences <p>Learning outcomes: skills</p> <ul style="list-style-type: none"> Children can name something they are good at and give reasons why Children can tell others about a comfortable and an uncomfortable feeling they have 	<p>LIFE CHANGES:</p> <p><u>Loss, losing loved object/pet/person:</u> I can talk about feeling sad when I have lost something</p> <p>Learning outcomes: knowledge</p> <ul style="list-style-type: none"> I can learn about change and loss and the associated feelings. I can learn about losing something special and how it feels. I can describe times when people might feel loss. <p>Learning outcomes: skills</p> <ul style="list-style-type: none"> I can tell how feelings of loss e.g. losing a pet, can make my body feel. I can listen to others talking about loss. 	<p>BEING THE SAME AND BEING DIFFERENT:</p> <p><u>Beginning to understand empathy:</u> I understand my friend might have different feelings to me</p> <p>Learning outcomes: knowledge</p> <ul style="list-style-type: none"> I can start to understand empathy. I can start to empathise with others and how they may be feeling. <p>Learning outcomes: skills</p> <ul style="list-style-type: none"> I can create a sentence or a series of sentences which I could use to help someone who is being teased or bullied.
AUTUMN 2	SPRING 2 (includes HEALTHY WEEK)	SUMMER 2
<p>FRIENDS AND FAMILY:</p> <p><u>Impact of behaviour on others:</u> I know that what I say and do can affect my friends</p> <p>Learning outcomes: knowledge</p> <ul style="list-style-type: none"> I can recognise how my behaviour can affect others. I understand the importance of cooperating with others. <p>Learning outcomes: skills</p> <ul style="list-style-type: none"> I can offer to share things. I can include others in activities. 	<p>STRONG EMOTIONS:</p> <p><u>Comfortable and uncomfortable feelings:</u> I can talk about what makes me feel sad</p> <p>Learning outcomes: knowledge</p> <ul style="list-style-type: none"> I can describe how it feels to be sad or unhappy I can express and share feelings of unhappiness <p>Learning outcomes: skills</p> <ul style="list-style-type: none"> I can complete the sentence 'I feel unhappy when ...' I can ask others what makes them unhappy and listen to the response. 	<p>SOLVING PROBLEMS (AND MAKING IT BETTER):</p> <p><u>Not giving up/perseverance:</u> I understand it is important to keep going when something is tricky</p> <p>Learning outcomes: knowledge</p> <ul style="list-style-type: none"> I know how to play and work co-operatively with others. I understand that people often need to play or work together to reach a shared outcome. I understand I have strengths and I have areas for improvement. <p>Learning outcomes: skills</p> <ul style="list-style-type: none"> I can explain a time when I had to try really hard. I can say how it made me feel when I tried hard.

