



## MINDMATE PROGRESSION IN SKILLS Y1 REQUIREMENTS



<b>MindMate Lessons teaching resource is a Spiral SEMH curriculum from KS1 to KS4 to fit into the Personal, Social, Health and Economic (PSHE) curriculum</b>		
<b>AUTUMN 1</b>	<b>SPRING 1</b>	<b>SUMMER 1</b>
<p><b>FEELING GOOD &amp; BEING ME:</b> <u>Recognise feelings:</u> I can talk about how I am feeling</p> <p><b>Learning outcomes: knowledge</b> Pupils should have the opportunity</p> <ul style="list-style-type: none"> <li> to think about themselves and the different feelings they have</li> <li> to develop a vocabulary to describe their feelings to others</li> <li> to develop simple strategies for managing feelings</li> </ul> <p><b>Learning outcomes: skills</b></p> <ul style="list-style-type: none"> <li> Children can name something they are good at and how it feels</li> <li> Children can name a feeling and how it makes their body feel</li> </ul>	<p><b>LIFE CHANGES:</b> <u>New school/class, making new friends:</u> I understand that talking about my feelings can help</p> <p><b>Learning outcomes: knowledge</b></p> <ul style="list-style-type: none"> <li> I can name and talk about a range of feelings</li> <li> I can recognise how others show feelings and how to respond</li> </ul> <p><b>Learning outcomes: skills</b></p> <ul style="list-style-type: none"> <li> I can talk about something that has changed and say what I like and don't like about it.</li> <li> I can understand that different people have different feelings about changes.</li> </ul>	<p><b>BEING THE SAME AND BEING DIFFERENT:</b> <u>Celebrating differences:</u> I know the people in my class are all different</p> <p><b>THIS UNIT MAY BE DELIVERED IN OCTOBER TERM AS PART OF BLACK HISTORY WEEK</b></p> <p><b>Learning outcomes: knowledge</b></p> <ul style="list-style-type: none"> <li> I recognise that everyone is different.</li> <li> I can begin to learn about empathy.</li> </ul> <p><b>Learning outcomes: skills</b></p> <ul style="list-style-type: none"> <li> I can identify a way my friend is different to me and say it's ok.</li> </ul>
<b>AUTUMN 2</b>	<b>SPRING 2 (includes HEALTHY WEEK)</b>	<b>SUMMER 2</b>
<p><b>FRIENDS AND FAMILY:</b> <u>Recognise how others show feelings and know how to respond:</u> I know when my friends are feeling happy.</p> <p><b>Learning outcomes: knowledge</b></p> <ul style="list-style-type: none"> <li> I can tell others when I am feeling joyful and happy.</li> <li> I can recognise when my friends are feeling joyful and happy.</li> <li> I know how to respond to others when they are feeling joyful and happy.</li> </ul> <p><b>Learning outcomes: skills</b></p>	<p><b>STRONG EMOTIONS:</b> <u>Recognise what is fair/unfair right/wrong:</u> I know when someone is being unkind, including myself</p> <p><b>Learning outcomes: knowledge</b></p> <ul style="list-style-type: none"> <li> I can recognise what is fair and unfair, kind and unkind, what is right and wrong</li> <li> I know how to respond, who to tell and what to say</li> </ul> <p><b>Learning outcomes: skills</b></p> <ul style="list-style-type: none"> <li> I can recognise a small range of strong emotions.</li> </ul>	<p><b>SOLVING PROBLEMS (AND MAKING IT BETTER):</b> <u>Setting goals and targets:</u> I can work and play well in a small group</p> <p><b>Learning outcomes: knowledge</b></p> <ul style="list-style-type: none"> <li> I know how to play and work co-operatively with others</li> <li> I understand that people often need to play or work together to reach a shared outcome</li> </ul> <p><b>Learning outcomes: skills</b></p>



I can talk about things that make me happy and laugh.



I can tell the difference between laughing at someone and laughing with someone.



I can say that person looks...



I can name three goals or targets and say who can help me with them