

Week	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
1 – Expressing Yourself	I will know what to do when I feel sad.	I will know that talking helps when you are feeling frustrated.	I will know the different ways to express myself.	I will know the right person to talk to when I am feeling upset.	I will know the dangers of bottling up emotions.	I will know the importance of being open about challenges.	I will know the importance of being self-curious.
2 – Thought Gremlins	I will know that everyone gets thought gremlins.	I will know how to use helpful thoughts.	I will know how to spot a thought gremlin.	I will know how to recognise different thought gremlins.	I will know how to positively tackle thought gremlins.	I will know the dangers of comparing myself to others.	I will know how to manage the catastrophising gremlin.
3 – Values	I will know the importance of values.	I will know how values help me to make good decisions.	I will know what a value is.	I will know the values that are important to me.	I will know key values to live by.	I will know the values to look for in a friend.	I will know how values can boost my well-being.
4 – Gratitude	I will know to be thankful for the important people in my life.	I will know to be thankful for the good things in my life.	I will know what I am thankful for in my life.	I will know to be thankful for the important people in my life.	I will know how to use gratitude to boost my wellbeing.	I will know how to use gratitude to change my viewpoint.	I will know how to recognise my needs and wants to boost my gratitude.
5 – Challenges	I will know that challenges help you to grow.	I will know that everyone faces challenges.	I will know that life has highs and challenges.	I will know how to identify the challenges of life.	I will know that we have a choice when dealing with challenges.	I will know how to ask for help when facing life's challenges.	I will know how to recognise helpful thoughts to tackle challenges.
6 – Self- Care	I will know the habits that will keep me healthy.	I will know that positive habits make me happy.	I will know positive habits.	I will know habits that will keep me healthy and boost my well-being.	I will know that positive habits can boost my well-being.	I will know a range of healthy habits.	I will know that some habits are harmful for well-being.