

Week	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
1 – Resilience	I will know that we all feel sad.	I will know what to do when I find something tricky.	I will know what resilience looks like.	I will know what makes a resilient action.	I will know the importance of resilience.	I will know how to identify a resilient action.	I will know how to face challenges with resilience.
2- Emotions	I will know that we feel different feelings.	I will know about different emotions.	I will know when I feel different emotions.	I will know how emotions affect my actions.	I will know that emotions can be helpful and unhelpful.	I will know that my behaviour is affected by my emotions.	I will know the role of emotions in my life.
3 – Tornado Zone	I will know that everyone feels anger.	I will know that anger can lead to bad decisions	I will know that angry actions can hurt others.	I will know what to do in the Tornado Zone.	I will know my triggers.	I will know how to manage the Tornado Zone.	I will know that Tornado Zone thoughts affect my actions.
4 – The Arena	I will know how to join in.	I will know that courage is needed to shine	I will know examples of getting in the Arena.	I will know the benefits of the Arena.	I will know how to tackle the barriers to the Arena.	I will know the impact of the Arena on my emotions.	I will know how the judgement thought gremlin can stop me from getting in the Arena.
5 – Road to Success	I will know how to try something new.	I will know that failing helps you learn.	I will know how to help myself when I fail.	I will know how to get out of the Pit of Failure.	I will know how the fear of failure can lead to bad outcomes.	I will know how thoughts can make me more resilient to failure.	I will know how to see failure as an opportunity.
6 - Facing Mistakes	I will know that we can learn from mistakes.	I will know why I should be honest when I make a mistake.	I will know how to recognise a mistake.	I will know the two responses to a mistake.	I will know how to respond positively to a mistake.	I will know how to explain what happens to my thoughts when I make a mistake.	I will know why I should take responsibility for my mistakes.