

| 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. |