PSHE YEARLY OVERVIEW

Week	Term 1- Building Resilience	Term 2- Respectful Relationships	Term 3- Wellbeing	Term 4- Health Education	Term 5- Caring Friendships	Term 6- Wider World
1	Resilience	Families and people who care	Expressing Yourself	Sleep	Friendships	Tolerance
2	Emotions	Online Relationships	Thought gremlins (worrying thoughts)	Healthy Eating	Empathy	Care for Community
3	Triggers and Tornado Zone	Bullying Behaviour	Values	Exercise	Reporting	Work
4	The Arena	Collaboration	Gratitude	Harmful Habits	Honesty	Money
5	Road to Success (failure)	Stereotyping	Challenges	Internet Safety	Peer Pressure	Winning and losing
6	Facing Mistakes	Violence	Circle of Kindness	Keeping Safe	Conflict	Change