

Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
New beginnings	Getting on and falling out	Going for goals	Good to be me	Relationships	Changes
<p><b>Belonging</b> I know that I belong to a community. I feel safe and content within my class. I feel good about the ways we are similar in the group and the ways I am different. I know how to make someone feel welcome.</p> <p><b>Self-awareness</b> I can tell you how I am the same as and different from my friends. I feel good about my strengths.</p> <p><b>Managing my feelings</b> I know some more ways to calm myself down when I feel scared or upset.</p> <p><b>Understanding others' feelings</b> I can sometimes tell if other people are feeling sad or scared and I know how to make people feel better.</p> <p><b>Making choices</b> I know some ways to solve a problem.</p> <p><b>Understanding rights and responsibilities</b> I know what I have to do myself to make the classroom and school a safe and fair place for everyone, and that it is not OK for other people to make it unsafe or unfair. I can help to make the class a safe and fair place. I can help to make my class a good place to learn.</p>	<p><b>Friendship</b> I can tell you what being a good friend means to me. I can listen well to other people when they are talking. I can make someone else feel good by giving them a compliment. I know what to say when someone gives me a compliment.</p> <p><b>Seeing things from another point of view</b> I know that people don't always see things in the same way. I can see things from someone else's point of view.</p> <p><b>Working together</b> I can work well in a group. I can decide with my group about how well we have worked together.</p> <p><b>Managing feelings: anger</b> I know when I am starting to feel angry. I know what happens on the inside and the outside of my body when I start to get angry. I know some ways to calm down when I am starting to feel angry. I know that sometimes anger builds up and up and that I can be overwhelmed by my feelings.</p> <p><b>Resolving conflict</b> I know how to make up with a friend when we have fallen out. I can use peaceful problem solving to sort out problems so both people feel OK. I can use my ability to see things from the other point of view to make a conflict situation better.</p>	<p><b>Knowing myself</b> I know we learn in different ways. I can tell you some of my strengths as a learner.</p> <p><b>Setting a realistic goal</b> I can say what I want to happen when there is a problem (set a goal). I can predict and understand the consequences of reaching my goal. I can choose a realistic goal.</p> <p><b>Planning to reach a goal</b> I can break a goal down into small steps. I can choose a realistic goal.</p> <p><b>Persistence</b> I can resist distractions. I can work towards a reward or for the satisfaction of finishing a task. I can recognise when I am becoming bored or frustrated. I know some ways to overcome boredom and frustration.</p> <p><b>Making choices</b> I can think of lots of different ideas or solutions to problems. I can predict and understand the consequences of my solutions or ideas. I can choose between my ideas and give reasons.</p> <p><b>Evaluation and review</b> I can learn from my successes. I can tell you what I have learned. I can tell you what I might do differently to learn more effectively. I can tell you why things have been successful. I can tell you what has gone wrong with a plan and why. I can talk about the bits that went well and the bits that I need to change if I used my plan again.</p>	<p><b>Knowing myself</b> I can tell you about my gifts and talents. I can tell you something that makes me feel proud. I know when I learn best. I can tell you what I have learnt. I can tell you the things that I am good at and those that I find more difficult. I can tell when I am being impulsive and when I am thinking things through. I can tell when a feeling is weak and when it is strong.</p> <p><b>Understanding my Feelings</b> I know more names for feelings than I did before. I can use more words to express my feelings. I can tell when I am feeling worried or anxious. I can tell you some things that make me feel anxious. I can tell when I am feeling proud. I can tell you something that makes me feel proud. I can help another person feel proud.</p> <p><b>Managing my Feelings</b> I can be still and quiet and relax my body. I know what it feels like to be relaxed. I can show or tell you what relaxed means. I know what makes me feel relaxed and what makes me feel stressed. I can tell you what places help me to relax. I can explain some things that help me stop worrying. I can change my behaviour if I stop and think about what I am doing.</p> <p><b>Standing up for Myself</b></p>	<p><b>Knowing myself</b> I know the people who are important to me. I can tell when I feel cared for. I can tell when I love or care for someone.</p> <p><b>Understanding my Feelings</b> I can tell you something that has made me jealous. I can tell when I feel jealous. I understand that being unkind and hurting someone doesn't make me feel better. I can tell you how I feel when I lose someone or something I care about.</p> <p><b>Managing my Feelings</b> I can feel proud on behalf of my friends when they have done something well. I can think of ways to make me feel better when I feel hurt. I can make myself feel better without hurting others. I can share people I care about. I can talk about my feelings when I feel alone or when I have to share someone or something that is important to me.</p> <p><b>Understanding the feelings of others</b> I understand that if someone leaves me they might still love me. I understand that people have to make hard choices and sometimes they have no choice.</p> <p><b>Social skills</b> <i>Nothing for Y1&amp;2</i></p> <p><b>Making choices</b> <i>Nothing for Y1&amp;2</i></p>	<p><b>Knowing myself</b> I can tell you some things about me that have changed and some things that will not change. I can tell you how I might change in the future. I know that some changes are natural and happen 'by themselves'. I know different ways that help me to learn to do things. I can tell you what a habit is and know that it is hard to change one. I know what it means when something is or isn't your fault.</p> <p><b>Understanding my Feelings</b> <i>Nothing for Y1&amp;2</i></p> <p><b>Understanding the feelings of others</b> <i>Nothing for Y1&amp;2</i></p> <p><b>Managing my Feelings</b> <i>Nothing for Y1&amp;2</i></p> <p><b>Planning to reach a goal</b> I can tell you about a plan I have made to change something about my behaviour. I can think about and plan to overcome obstacles.</p> <p><b>Belonging to a community</b> <i>Nothing for Y1&amp;2</i></p> <p><b>Making choices</b> I can tell you about changes that I can make happen. I can make some changes quickly and easily. I know that to make some changes is hard and takes a long time. I know that I make my own choices about my behaviour.</p>

			<p>I can tell when it is right to stand up for myself.</p> <p>I know how to stand up for myself.</p> <p><b>Making choices</b></p> <p>I can use the problem-solving process.</p>		
<p><b>Key Vocabulary:</b></p> <p>Happy, sad, scared, excited, nervous/worried, comfortable, uncomfortable, solve a problem, set a goal, calm down, welcome, belong, fair</p> <p>YR: angry/cross</p>	<p><b>Key Vocabulary:</b></p> <p>compliment, friend, fall out, get on, trigger, angry, peaceful, cooperation, Conflict, point of view, make up, problem solving, apologise, solution</p> <p>YR: sorry, calm down, taking turns, listening, sharing, friendly, smile</p>	<p><b>Key Vocabulary:</b></p> <p>goal, consequences, achieve, achievement, steps, impulsive, distracted, distractions, persistent, persistence, frustrated, frustration, bored, boredom</p> <p>YR: Learn, finish, before, after, now, today, tomorrow, future, goal, target, succeed, proud.</p>	<p><b>Key Vocabulary:</b></p> <p>relax, relaxed, relaxation, problem solving, tense, anxious, worried, proud</p> <p>YR: calm, still, sad, happy, excited, proud, angry, cross</p>	<p><b>Key Vocabulary:</b></p> <p>important people, cared for, love, jealous, unkind, hurt, loss, share, leave, proud, choice, lonely, miss, envy/jealous</p> <p>YR: angry, happy, sad, fair, unfair, dead, alive, lonely, worried, comfortable, uncomfortable</p>	<p><b>Key Vocabulary:</b></p> <p>changes, frustrated, obstacles, determined, habit, fault – my fault and not my fault, responsibility</p> <p>YR: before, after, grow, getting used to, by accident, on purpose, disappointment, thinking, planning, celebrate, happy thoughts</p>
<p><i>Queensgate Code, ethos and values, school council roles and elections, democracy and the rule of law, internet safety</i></p>	<p><b>Say no to bullying</b></p> <p><i>finance, loans/debt, profit, saving and raising money, mutual respect &amp; tolerance of those with different faiths and beliefs</i></p>	<p><i>aspirations and careers, personal responsibility and choices, growth mindset, individual liberty</i></p>	<p><i>Healthy lifestyle with balanced diet, exercise and rest, sun safety</i></p>	<p><i>Global issues, (including 'send my friend to school' campaign) diversity, equality, rights and responsibilities (including fairness and justice).</i></p>	<p><i>Sex and relationship education, personal hygiene (drug education?), environmental issues</i></p>
<p><i>Regularly occurring experiences that support PSHE: Assembly, celebrations, festivals, circle time, check-in, Focus Learners, Golden Tickets, class council, school council, 'out and about', cooking, trips and visits, visitors, charity fundraising, competitions, sports events...</i></p>					

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I can help to make my class a good place to learn.</p>	<p><b>Friendship</b> I can tell you what being a good friend means to me. I can listen well to other people when they are talking. I can make someone else feel good by giving them a compliment. I know what to say when someone gives me a compliment.</p> <p><b>Seeing things from another point of view</b> I know that people don't always see things in the same way. I can see things from someone else's point of view.</p> <p><b>Working together</b> I can work well in a group. I can decide with my group about how well we have worked together.</p> <p><b>Managing feelings: anger</b> I know when I am starting to feel angry. I know what happens on the inside and the outside of my body when I start to get angry. I know some ways to calm down when I am starting to feel angry. I know that sometimes anger builds up and up and that I can be overwhelmed by my feelings.</p> <p><b>Resolving conflict</b> I know how to make up with a friend when we have fallen out. I can use peaceful problem solving to sort out problems so both people feel OK. I can use my ability to see things from the other point of view to make a conflict situation better.</p>	<p><b>Knowing myself</b> I know we learn in different ways. I can tell you some of my strengths as a learner.</p> <p><b>Setting a realistic goal</b> I can say what I want to happen when there is a problem (set a goal). I can predict and understand the consequences of reaching my goal. I can choose a realistic goal.</p> <p><b>Planning to reach a goal</b> I can break a goal down into small steps. I can choose a realistic goal.</p> <p><b>Persistence</b> I can resist distractions. I can work towards a reward or for the satisfaction of finishing a task. I can recognise when I am becoming bored or frustrated. I know some ways to overcome boredom and frustration.</p> <p><b>Making choices</b> I can think of lots of different ideas or solutions to problems. I can predict and understand the consequences of my solutions or ideas. I can choose between my ideas and give reasons.</p> <p><b>Evaluation and review</b> I can learn from my successes. I can tell you what I have learned. I can tell you what I might do differently to learn more effectively. I can tell you why things have been successful. I can tell you what has gone wrong with a plan and why. I can talk about the bits that went well and the bits that I need to change if I used my plan again.</p>	<p><b>Knowing myself</b> I can tell you about my gifts and talents. I can tell you something that makes me feel proud. I know when I learn best. I can tell you what I have learnt. I can tell you the things that I am good at and those that I find more difficult. I can tell when I am being impulsive and when I am thinking things through. I can tell when a feeling is weak and when it is strong.</p> <p><b>Understanding my Feelings</b> I know more names for feelings than I did before. I can use more words to express my feelings. I can tell when I am feeling worried or anxious. I can tell you some things that make me feel anxious. I can tell when I am feeling proud. I can tell you something that makes me feel proud. I can help another person feel proud.</p> <p><b>Managing my Feelings</b> I can be still and quiet and relax my body. I know what it feels like to be relaxed. I can show or tell you what relaxed means. I know what makes me feel relaxed and what makes me feel stressed. I can tell you what places help me to relax. I can explain some things that help me stop worrying. I can change my behaviour if I stop and think about what I am doing.</p>	<p><b>Knowing myself</b> I know the people who are important to me. I can tell when I feel cared for. I can tell when I love or care for someone.</p> <p><b>Understanding my Feelings</b> I can tell you something that has made me jealous. I can tell when I feel jealous. I understand that being unkind and hurting someone doesn't make me feel better. I can tell you how I feel when I lose someone or something I care about.</p> <p><b>Managing my Feelings</b> I can feel proud on behalf of my friends when they have done something well. I can think of ways to make me feel better when I feel hurt. I can make myself feel better without hurting others. I can share people I care about. I can talk about my feelings when I feel alone or when I have to share someone or something that is important to me.</p> <p><b>Understanding the feelings of others</b> I understand that if someone leaves me they might still love me. I understand that people have to make hard choices and sometimes they have no choice.</p> <p><b>Social skills</b> <i>Nothing for Y1&amp;2</i></p> <p><b>Making choices</b> <i>Nothing for Y1&amp;2</i></p>	<p><b>Knowing myself</b> I can tell you some things about me that have changed and some things that will not change. I can tell you how I might change in the future. I know that some changes are natural and happen 'by themselves'. I know different ways that help me to learn to do things. I can tell you what a habit is and know that it is hard to change one. I know what it means when something is or isn't your fault.</p> <p><b>Understanding my Feelings</b> <i>Nothing for Y1&amp;2</i></p> <p><b>Understanding the feelings of others</b> <i>Nothing for Y1&amp;2</i></p> <p><b>Managing my Feelings</b> <i>Nothing for Y1&amp;2</i></p> <p><b>Planning to reach a goal</b> I can tell you about a plan I have made to change something about my behaviour. I can think about and plan to overcome obstacles.</p> <p><b>Belonging to a community</b> <i>Nothing for Y1&amp;2</i></p> <p><b>Making choices</b> I can tell you about changes that I can make happen. I can make some changes quickly and easily. I know that to make some changes is hard and takes a long time. I know that I make my own choices about my behaviour.</p>

			<b>Standing up for Myself</b> I can tell when it is right to stand up for myself. I know how to stand up for myself. <b>Making choices</b> I can use the problem-solving process.		
<b>Key Vocabulary:</b> happy, sad, scared, excited, nervous/worried, comfortable, uncomfortable, solve a problem, set a goal, calm down, welcome, belong, fair	<b>Key Vocabulary:</b> compliment, friend, fall out, get on, trigger, angry, peaceful, cooperation, conflict, point of view, make up, problem solving, apologise, solution	<b>Key Vocabulary:</b> goal, consequences, achieve, achievement, steps, impulsive, distracted, distractions, persistent, persistence, frustrated, frustration, bored, boredom	<b>Key Vocabulary:</b> relax, relaxed, relaxation, problem solving, tense, anxious, worried, proud	<b>Key Vocabulary:</b> important people, cared for, love, jealous, unkind, hurt, loss, share, leave, proud, choice, lonely, miss, envy/envious	<b>Key Vocabulary:</b> changes, frustrated, obstacles, determined, habit, fault – my fault and not my fault, responsibility
<i>Queensgate Code, ethos and values, school council roles and elections, democracy and the rule of law, internet safety</i>	<b>Say no to bullying</b> <i>finance, loans/debt, profit, saving and raising money, mutual respect &amp; tolerance of those with different faiths and beliefs</i>	<i>aspirations and careers, personal responsibility and choices, growth mindset, individual liberty</i>	<i>Healthy lifestyle with balanced diet, exercise and rest, sun safety</i>	<i>Global issues, (including 'send my friend to school' campaign) diversity, equality, rights and responsibilities (including fairness and justice).</i>	<i>Sex and relationship education, personal hygiene (drug education?), environmental issues</i>
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New beginnings	Getting on and falling out	Going for goals	Good to be me	Relationships	Changes
	Say no to bullying				
<p><b>Belonging</b> I know something about everyone in my class. I know that I am valued at school. I know how to make someone feel welcomed and valued at school. I know what it feels like to be unwelcome. I know how to join a group.</p> <p><b>Self-awareness</b> I can tell you one special thing about me.</p> <p><b>Understanding my feelings</b> I know how it feels to be happy, sad, scared or excited, and can usually tell if other people are feeling these emotions. I can predict how I am going to feel in a new situation or meeting new people.</p> <p><b>Understanding the feelings of others</b> I know how it feels to be happy, sad or scared, and can usually tell if other people are feeling these emotions.</p> <p><b>Managing my feelings</b> I know how it feels to do or start something new, and some ways to cope with these feelings. I can manage my feelings and usually find a way to calm myself down when necessary.</p> <p><b>Social skills</b> I can give and accept a compliment.</p> <p><b>Making choices</b> I know some more ways to solve a problem.</p> <p><b>Understanding rights and responsibilities</b> I can contribute towards making a class charter. I understand my rights and responsibilities in the school. I understand why we need to have</p>	<p><b>Friendship</b> I know how to: look and sound friendly; be a good listener (taking turns); give and receive compliments; see things from someone else's point of view. I can tell you lots of ways to give 'friendship tokens' to other people.</p> <p><b>Seeing things from another point of view</b> I know how to see things from someone else's point of view.</p> <p><b>Working together</b> I can take on a role in a group and contribute to the overall outcome. I can discuss in a group how well we are working together.</p> <p><b>Managing feelings: anger</b> I know: what my triggers for anger are; how our bodies change when we start to get angry; some ways to calm down when I start feeling angry. I understand why it is important to calm down before I am overwhelmed by feelings of anger. I can tell you some of the ways I can stop myself being overwhelmed by feelings of anger. I know how it feels to be overwhelmed by feelings of anger.</p> <p><b>Resolving conflict</b> I can use peaceful problem solving to sort out difficulties. I can tell you what a 'win-win' solution is and always try to find one in a conflict situation.</p>	<p><b>Knowing myself</b> I can tell you about myself as a learner. I can use my strengths as a learner. I know that I am responsible for my own learning and behaviour. I know what I need to learn effectively. I know how my feelings can influence my learning.</p> <p><b>Setting a realistic goal</b> I can foresee obstacles and plan to overcome them when I am setting goals.</p> <p><b>Planning to reach a goal</b> I can set success criteria so that I will know whether I have reached my goal. I can break down a goal into a number of steps and wait for the result. I know how others can help me to achieve my goals and how I can help others.</p> <p><b>Persistence</b> I can recognise when I find learning difficult and persevere when I need to. I can manage frustration by using a number of strategies. I can tell you how I keep going even when the task is difficult or boring. I know when to keep trying and when to try something else. I can identify some barriers to my learning. I can think of ways to overcome my barriers to learning. I can understand that some thoughts help me reach my goal and some are a barrier.</p> <p><b>Making choices</b> I can identify advantages and disadvantages of the solutions or goals I set myself.</p>	<p><b>Knowing myself</b> I know about myself and how I learn. I can extend my learning. I can tell you the things I am good at. I can recognise when I find something difficult and do something about it or cope with how that makes me feel.</p> <p><b>Understanding my Feelings</b> I can tell you what feeling surprised is like. I can tell you whether I like surprises or I like things to stay the same. I can explain what hopeful and disappointed mean. I understand why we sometimes fight or run away when we feel threatened. I know why it is sometimes important to stop and think when we feel angry or stressed. I can stop and think before I act.</p> <p><b>Managing my Feelings</b> I can think about my worries and decide what I might do about them. I can tell when I should share a worry. I know that most people have worries. I can stop and think before I act. I can recognise when I am beginning to get upset or angry and have some ways to calm down. I can use strategies to help me cope with feelings of disappointment and feelings of hopelessness. I can choose when to show my feelings and when to hide them. I can tell if I have hidden my feelings. I can tell when it is good to relax. I can relax when I want to.</p> <p><b>Standing up for Myself</b></p>	<p><b>Knowing myself</b> I can tell when something is my fault and when something is not my fault. I can take responsibility for my behaviour. I can tell you the things that hurt my feelings.</p> <p><b>Understanding my Feelings</b> I can express feelings of guilt. I can say when I might feel guilty. I know when I will feel guilty and use this when I make a choice.</p> <p><b>Managing my Feelings</b> I can tell when I feel ashamed about something. I know when to tell someone about it. I know some things to do when I feel guilty.</p> <p><b>Understanding the feelings of others</b> I can understand how I might hurt others. I know how most people feel when they lose something or someone they love.</p> <p><b>Social skills</b> I can tell you how I can make someone who is important to me happy. I can tell you some ways to make amends if I have done something cruel or unkind. I can tell you how I feel about the important people or animals in my life. I know some ways to celebrate the life of someone I care about. I can tell you about someone that I no longer see. I understand that we can remember people even if we no longer see them.</p> <p><b>Making choices</b></p>	<p><b>Knowing myself</b> I know that change can be really good and can tell you about some changes that have made our lives much better. I know that everybody goes through many different sorts of change all the time. I can tell you about some of the things that have changed in my life, and how I feel about them. I know that what we feel and think affects what we do (how we behave). I can tell you why I behave as I do when I am finding a change difficult.</p> <p><b>Understanding my Feelings</b> I know that even changes we want to happen can sometimes feel uncomfortable. I can tell you how I would feel if a change that I didn't want to happen was imposed on me. I know some of the reasons that change can feel uncomfortable and scary.</p> <p><b>Understanding the feelings of others</b> I can sometimes understand why other people are behaving as they are when they are finding a change difficult.</p> <p><b>Managing my Feelings</b> I know some ways of dealing with the feelings that sometimes arise from changes.</p> <p><b>Planning to reach a goal</b> <i>Nothing for Y3&amp;4</i></p> <p><b>Belonging to a community</b> I can tell you how it feels to belong to a group, and know it's important for everyone.</p> <p><b>Making choices</b> <i>Nothing for Y3&amp;4</i></p>

different rules in different places and know what the rules are in school.		I can predict the consequences of my actions/solutions or goals for myself, other individuals or groups. I can make a choice about what to do, based upon my predictions of the likely consequences. <b>Evaluation and review</b> I can tell you how I am going to apply what I have learned. I am able to take responsibility for my actions and learning when the outcomes are positive or negative. I can recognise when I have reached my goal or been successful with my learning. I can tell you what has gone wrong with a plan and why. I can talk about the bits that went well and the bits that I need to change if I used my plan again.	I can choose to act assertively. I know how to be assertive. I can express myself assertively in a variety of ways. <b>Making choices</b> <i>Nothing for Year 3&amp;4</i>	I know how to make a good choice. I can take responsibility for what I choose to do.	
<b>Key Vocabulary:</b> gifts, talents, rights, responsibilities, helpful/hopeful thoughts, scared, frightened, excited, nervous	<b>Key Vocabulary:</b> resolve a conflict, leader, reporter, scribe, timekeeper, cooperation, win-win, solution, anger, 'losing it'	<b>Key Vocabulary:</b> goal, target, obstacle, barrier, responsibility, responsible, perseverance, boredom, frustration, respect, encouragement	<b>Key Vocabulary:</b> surprised, worried, anxious, angry, disappointed, relax, routine, threat, threatened, hopeful, hopeless, novelty, assertive, aggressive, passive, risk	<b>Key Vocabulary:</b> fault, blame, guilty, choice, love, proud, cruel, kind, ashamed, celebrate, funeral, amends, conscience, regret, remorse, apologise, death, miss, alone	<b>Key Vocabulary:</b> boredom, adapt, anticipation, resentment, excitement, frightened, anxious, nervous, making a plan, belonging, accepted, rejected, left out
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<p><b>Belonging</b> I know something about everyone in my class. I know that I am valued at school. I know how to make someone feel welcomed and valued at school. I know what it feels like to be unwelcome. I know how to join a group.</p> <p><b>Self-awareness</b> I can tell you one special thing about me.</p> <p><b>Understanding my feelings</b> I know how it feels to be happy, sad, scared or excited, and can usually tell if other people are feeling these emotions. I can predict how I am going to feel in a new situation or meeting new people.</p> <p><b>Understanding the feelings of others</b> I know how it feels to be happy, sad or scared, and can usually tell if other people are feeling these emotions.</p> <p><b>Managing my feelings</b> I know how it feels to do or start something new, and some ways to cope with these feelings. I can manage my feelings and usually find a way to calm myself down when necessary.</p> <p><b>Social skills</b> I can give and accept a compliment.</p> <p><b>Making choices</b> I know some more ways to solve a problem.</p> <p><b>Understanding rights and responsibilities</b> I can contribute towards making a class charter. I understand my rights and responsibilities in the school. I understand why we need to have</p>	<p><b>Friendship</b> I know how to: look and sound friendly; be a good listener (taking turns); give and receive compliments; see things from someone else's point of view. I can tell you lots of ways to give 'friendship tokens' to other people.</p> <p><b>Seeing things from another point of view</b> I know how to see things from someone else's point of view.</p> <p><b>Working together</b> I can take on a role in a group and contribute to the overall outcome. I can discuss in a group how well we are working together.</p> <p><b>Managing feelings: anger</b> I know: what my triggers for anger are; how our bodies change when we start to get angry; some ways to calm down when I start feeling angry. I understand why it is important to calm down before I am overwhelmed by feelings of anger. I can tell you some of the ways I can stop myself being overwhelmed by feelings of anger. I know how it feels to be overwhelmed by feelings of anger.</p> <p><b>Resolving conflict</b> I can use peaceful problem solving to sort out difficulties. I can tell you what a 'win-win' solution is and always try to find one in a conflict situation.</p>	<p><b>Knowing myself</b> I can tell you about myself as a learner. I can use my strengths as a learner. I know that I am responsible for my own learning and behaviour. I know what I need to learn effectively. I know how my feelings can influence my learning.</p> <p><b>Setting a realistic goal</b> I can foresee obstacles and plan to overcome them when I am setting goals.</p> <p><b>Planning to reach a goal</b> I can set success criteria so that I will know whether I have reached my goal. I can break down a goal into a number of steps and wait for the result. I know how others can help me to achieve my goals and how I can help others.</p> <p><b>Persistence</b> I can recognise when I find learning difficult and persevere when I need to. I can manage frustration by using a number of strategies. I can tell you how I keep going even when the task is difficult or boring. I know when to keep trying and when to try something else. I can identify some barriers to my learning. I can think of ways to overcome my barriers to learning. I can understand that some thoughts help me reach my goal and some are a barrier.</p> <p><b>Making choices</b> I can identify advantages and disadvantages of the solutions or goals I set myself.</p>	<p><b>Knowing myself</b> I know about myself and how I learn. I can extend my learning. I can tell you the things I am good at. I can recognise when I find something difficult and do something about it or cope with how that makes me feel.</p> <p><b>Understanding my Feelings</b> I can tell you what feeling surprised is like. I can tell you whether I like surprises or I like things to stay the same. I can explain what hopeful and disappointed mean. I understand why we sometimes fight or run away when we feel threatened. I know why it is sometimes important to stop and think when we feel angry or stressed. I can stop and think before I act.</p> <p><b>Managing my Feelings</b> I can think about my worries and decide what I might do about them. I can tell when I should share a worry. I know that most people have worries. I can stop and think before I act. I can recognise when I am beginning to get upset or angry and have some ways to calm down. I can use strategies to help me cope with feelings of disappointment and feelings of hopelessness. I can choose when to show my feelings and when to hide them. I can tell if I have hidden my feelings. I can tell when it is good to relax. I can relax when I want to.</p> <p><b>Standing up for Myself</b></p>	<p><b>Knowing myself</b> I can tell when something is my fault and when something is not my fault. I can take responsibility for my behaviour. I can tell you the things that hurt my feelings.</p> <p><b>Understanding my Feelings</b> I can express feelings of guilt. I can say when I might feel guilty. I know when I will feel guilty and use this when I make a choice.</p> <p><b>Managing my Feelings</b> I can tell when I feel ashamed about something. I know when to tell someone about it. I know some things to do when I feel guilty.</p> <p><b>Understanding the feelings of others</b> I can understand how I might hurt others. I know how most people feel when they lose something or someone they love.</p> <p><b>Social skills</b> I can tell you how I can make someone who is important to me happy. I can tell you some ways to make amends if I have done something cruel or unkind. I can tell you how I feel about the important people or animals in my life. I know some ways to celebrate the life of someone I care about. I can tell you about someone that I no longer see. I understand that we can remember people even if we no longer see them.</p> <p><b>Making choices</b></p>	<p><b>Knowing myself</b> I know that change can be really good and can tell you about some changes that have made our lives much better. I know that everybody goes through many different sorts of change all the time. I can tell you about some of the things that have changed in my life, and how I feel about them. I know that what we feel and think affects what we do (how we behave). I can tell you why I behave as I do when I am finding a change difficult.</p> <p><b>Understanding my Feelings</b> I know that even changes we want to happen can sometimes feel uncomfortable. I can tell you how I would feel if a change that I didn't want to happen was imposed on me. I know some of the reasons that change can feel uncomfortable and scary.</p> <p><b>Understanding the feelings of others</b> I can sometimes understand why other people are behaving as they are when they are finding a change difficult.</p> <p><b>Managing my Feelings</b> I know some ways of dealing with the feelings that sometimes arise from changes.</p> <p><b>Planning to reach a goal</b> <i>Nothing for Y3&amp;4</i></p> <p><b>Belonging to a community</b> I can tell you how it feels to belong to a group, and know it's important for everyone.</p> <p><b>Making choices</b> <i>Nothing for Y3&amp;4</i></p>

different rules in different places and know what the rules are in school.		I can predict the consequences of my actions/solutions or goals for myself, other individuals or groups. I can make a choice about what to do, based upon my predictions of the likely consequences. <b>Evaluation and review</b> I can tell you how I am going to apply what I have learned. I am able to take responsibility for my actions and learning when the outcomes are positive or negative. I can recognise when I have reached my goal or been successful with my learning. I can tell you what has gone wrong with a plan and why. I can talk about the bits that went well and the bits that I need to change if I used my plan again.	I can choose to act assertively. I know how to be assertive. I can express myself assertively in a variety of ways. <b>Making choices</b> <i>Nothing for Year 3&amp;4</i>	I know how to make a good choice. I can take responsibility for what I choose to do.	
<b>Key Vocabulary:</b> gifts, talents, rights, responsibilities, helpful/hopeful thoughts, scared, frightened, excited, nervous	<b>Key Vocabulary:</b> resolve a conflict, leader, reporter, scribe, timekeeper, cooperation, win-win, solution, anger, 'losing it'	<b>Key Vocabulary:</b> goal, target, obstacle, barrier, responsibility, responsible, perseverance, boredom, frustration, respect, encouragement	<b>Key Vocabulary:</b> surprised, worried, anxious, angry, disappointed, relax, routine, threat, threatened, hopeful, hopeless, novelty, assertive, aggressive, passive, risk	<b>Key Vocabulary:</b> fault, blame, guilty, choice, love, proud, cruel, kind, ashamed, celebrate, funeral, amends, conscience, regret, remorse, apologise, death, miss, alone	<b>Key Vocabulary:</b> boredom, adapt, anticipation, resentment, excitement, frightened, anxious, nervous, making a plan, belonging, accepted, rejected, left out
<i>Queensgate Code, ethos and values, school council roles and elections, democracy and the rule of law, internet safety</i>	<b>Say no to bullying</b> <i>finance, loans/debt, profit, saving and raising money, mutual respect &amp; tolerance of those with different faiths and beliefs</i>	<i>aspirations and careers, personal responsibility and choices, growth mindset, individual liberty</i>	<i>Healthy lifestyle with balanced diet, exercise and rest, sun safety</i>	<i>Global issues, (including 'send my friend to school' campaign) diversity, equality, rights and responsibilities (including fairness and justice).</i>	<i>Sex and relationship education, personal hygiene (drug education?), environmental issues</i>
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	Say no to bullying				
<p><b>Belonging</b> I have worked with and talked to everyone in my class. I know that I am valued at school.</p> <p><b>Understanding my feelings</b> I understand how it feels to do or start something new, and why.</p> <p><b>Managing my feelings</b> I have some strategies to cope with uncomfortable feelings and to calm myself when necessary.</p> <p><b>Understanding the feelings of others</b> I know how others may be feeling when they are in an unfamiliar situation and can help them to feel valued and welcomed.</p> <p><b>Social skills</b> I work well in a group and can tell you what helps my group to work well together.</p> <p><b>Making choices</b> I can explain how I go about solving a problem and can give you an example of a problem I have solved.</p> <p><b>Understanding rights and responsibilities</b> I understand my rights and responsibilities in the school. I know some of the things that help us in school to learn and play well together. I understand the need for rules in society and why we have the rules we do in school. If I don't agree with something in school, I know how to go about trying to change things.</p>	<p><b>Friendship</b> I know that different ways of behaving are appropriate to different types of relationships. I can accept and appreciate people's friendship and try not to demand more than they are able to or wish to give. I know that sometimes difference can be a barrier to friendship. I try to recognise when I, or other people, are prejudging people and I make an effort to overcome my own assumptions.</p> <p><b>Seeing things from another point of view</b> I am able to see a situation from another person's perspective. I know how it might feel to be excluded or treated badly because of being different in some way.</p> <p><b>Working together</b> I can tell you some things that a good leader should do. When I am working in a group I can tell people if I agree or don't agree with them and why. When I am working in a group I can listen to people when they don't agree with me and think about what they have said.</p> <p><b>Managing feelings: anger</b> I know: what my triggers for anger are; what happens when I get angry; what happens when I am overwhelmed by feelings of anger; some ways to calm myself down. I can consider the short- and long-term consequences of my behaviour so as to make a wise choice, even when I am feeling angry. I know I am responsible for the choices I make and the way I behave, even if I am very angry. I know how my behaviour is linked to</p>	<p><b>Knowing myself</b> I know the skills and attributes to be an effective learner. I can try to develop these skills. I know what some of the people in my class like or admire about me. I can recognise when I am using an excuse instead of finding a way around a problem. I can recognise and celebrate my own achievements.</p> <p><b>Setting a realistic goal</b> I can set myself a goal or challenge.</p> <p><b>Planning to reach a goal</b> I can make a personal or learning long-term plan and break it down into smaller, achievable goals. I know that it is up to me to get things done by taking the first step.</p> <p><b>Persistence</b> I know that if at first I don't succeed it is worth trying again. I can try again even when I have been unsuccessful.</p> <p><b>Making choices</b> I can make a long-term plan and break it down into smaller, achievable goals in my personal life or in my behaviour. I can consider the consequences of possible solutions or reaching my goal for myself, others and for communities or groups.</p> <p><b>Evaluation and review</b> I can apply what I have learned. I can tell you what I need to learn next. I can be a critical friend to others and myself.</p>	<p><b>Knowing myself</b> I accept myself for who and what I am.</p> <p><b>Understanding my Feelings</b> I can tell the difference between showing I am proud and boasting. I know that boasting can make other people feel inadequate or useless. I can explain how I am feeling even if I have mixed feelings. I understand that sometimes the feeling part of my brain takes over and I might make mistakes. I can understand how my strong feelings might build up and how I might be overwhelmed by my feelings. I can recognise when I am beginning to be overwhelmed by my feelings and can use a calming-down strategy. I know that if I have once been overwhelmed by my feelings I might easily 'lose it' again another time.</p> <p><b>Managing my Feelings</b> I can use some strategies to help me when I feel useless or inadequate. I can feel positive even when things are going wrong. I can avoid situations that are likely to hurt my feelings or make me angry. I can recognise when I am feeling worried. I know how to do something about my worry. I know when and how to stop and think before I act.</p> <p><b>Standing up for Myself</b> I can disagree with someone without falling out. I can cope when someone disagrees</p>	<p><b>Knowing myself</b> I can think about what embarrasses me and learn something about me that I didn't know before.</p> <p><b>Understanding my Feelings</b> I can tell you about a time that I felt embarrassed and what it felt like. I understand that there is not just one way to grieve.</p> <p><b>Managing my Feelings</b> I know some things to do when I feel embarrassed that will not make things worse. I can use some strategies to manage feelings associated with loss. I can tell when I am hiding a feeling and then choose to share it with someone.</p> <p><b>Understanding the feelings of others</b> I have helped someone who felt embarrassed. I know how to make people feel good about themselves. I know some of the feelings people have when someone close dies or leaves. I understand that different people show their feelings in different ways.</p> <p><b>Social skills</b> I can break friends with someone without hurting their feelings. I can recognise when I am using a put-down. I can recognise stereotyping. I can try to challenge stereotypes. I can tell you about the people who are important to me. I can help support someone who is unhappy because they have lost someone or something. I can think about when to forgive someone.</p>	<p><b>Knowing myself</b> I am aware of common responses to difficult changes, and that they are sometimes similar to our responses when experiencing loss. I can tell you some of the good things about me that my classmates like and value.</p> <p><b>Understanding my Feelings</b> I understand how it might feel when a change takes you away from familiar people and places. I can tell you my 'sore spots'. I can recognise when I might overreact because someone has touched a 'sore spot'. I recognise that my behaviour is my responsibility, even when someone has touched a 'sore spot'. I know that it is natural to be wary of change, and can tell you why. I know that all feelings, including uncomfortable ones, have a purpose and give us information. I understand why I behave the way I do sometimes when I feel uncomfortable.</p> <p><b>Understanding the feelings of others</b> I can try to understand why people might behave the way they do when they are facing a difficult change. I know that people respond differently to changes and challenges. I know that many children have mixed feelings about going to secondary school. I try to understand other people's behaviour by thinking about what they might be feeling or thinking. I can tell you about how people might feel and behave when they go to a new school.</p> <p><b>Managing my Feelings</b></p>

	<p>my thoughts and feelings. I can stop and try to get an accurate picture before I act. <b>Resolving conflict</b> I can say things and do things that are likely to make a difficult situation better. I can use my skills for solving problems peacefully to help other people resolve conflict. I can tell you things that I or other people sometimes do or say in a conflict situation that usually make things worse. I know that it is important in a conflict situation to talk about what someone has done or said, not the person themselves. I can use language ('I messages') that does not make conflict situations worse.</p>		<p>with me. I can stand up for what I think after listening to others and making my own choice. I understand that the majority view is not always right. I can behave in an assertive way using appropriate body language and tone of voice. <b>Making choices</b> I can make a judgement about whether to take a risk.</p>	<p>I can forgive someone. <b>Making choices</b> I understand when breaking friends might be the best thing to do. I can use a problem-solving approach to sorting out an embarrassing situation.</p>	<p>I know that when I move to secondary school many things in my life will stay the same. I have some strategies for managing the feelings that I might have when I change schools. I know that sometimes there can be positive outcomes from changes that we didn't welcome initially. <b>Planning to reach a goal</b> <i>Nothing for Y5&amp;6</i> <b>Belonging to a community</b> I know how change can interfere with our feeling of belonging and can make us feel insecure and unconfident. <b>Making choices</b> <i>Nothing for Y5&amp;6</i></p>
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