

Year Group	Autumn			Spring			Summer			Mental Health Lessons
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Keeping safe	Growing and changing	Year 1. Lesson 1. We all have feelings
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	How rules and age restrictions help us; keeping safe online	Recognising what makes them unique and special; feelings; managing when things go wrong	Year 2. Lesson 2. Good and not so good feelings
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Safety in different environments; risk and safety at home; emergencies	Growing older; naming body parts; moving class or year	Year 2. Lesson 3. Big Feelings

Key themes

Relationships

Living in the wider world

Health and Wellbeing

Mental Health Lessons