



# Wood Field Primary PSHE and Wellbeing Curriculum

Our Wellbeing Curriculum				
<b>Fosters High Aspirations</b> by:	<b>Develops Creative Mindsets</b> by:	<b>Builds Resilient Learners</b> by:	<b>Promotes Independence</b> by:	<b>Widens Horizons</b> by:
<ul style="list-style-type: none"> <li>- Our wellbeing curriculum reinforces our tagline 'We are Limitless' and encourages positive self confidence and belief.</li> <li>- The curriculum teaches life skills such as self-regulation and decision making which empowers our pupils when looking to the future.</li> <li>- It helps pupils to recognise their strengths and abilities to boost their confidence and self esteem.</li> </ul>	<ul style="list-style-type: none"> <li>• The curriculum offers a variety of experiences which promote creativity.</li> <li>• It gives children alternative perspectives on topics and issues which promotes curiosity.</li> <li>• It offers a safe environment for our pupils to express themselves without judgement.</li> <li>• Techniques such as mindfulness are introduced in the curriculum which can help to enhance focus and can allow pupils to think creatively.</li> </ul>	<ul style="list-style-type: none"> <li>• Wellbeing activities and PSHE lessons are designed to promote resilience. Units of work focus on having the ability to cope with and adapt to new situations.</li> <li>• The curriculum promotes personal growth and resilience. It encourages a growth mindset and pupils learn to view challenges as opportunities.</li> <li>• The lessons and activities teaches pupils techniques for managing emotions and coping with everyday stresses.</li> </ul>	<ul style="list-style-type: none"> <li>• The lessons provide children with information to make their own decisions in regards to their own self thinking and safety.</li> <li>• The lessons offer tools and strategies to deal with different situations in life.</li> <li>• The curriculum fosters a sense of autonomy by encouraging our pupils to set personal goals.</li> <li>• The lessons offer opportunities for group work that require collaboration which help pupils to use their initiative, communicate effectively to lead and work independently.</li> </ul>	<ul style="list-style-type: none"> <li>• Allowing opportunities for children to interact with others to learn from their different experiences and backgrounds and cultures.</li> <li>• The lessons and resources demonstrate cultural awareness which fosters understanding and appreciation for diversity.</li> <li>• Wellbeing and mental health days offer exposure to a wide range of activities and professions.</li> <li>• Workshops and visits from outside agencies enhance the children's real-life understanding.</li> </ul>

Our Wellbeing Curriculum allows our pupils to show they are:

Ambitious by:	Inquisitive by:	Respectful by:	Kind by:	Worldly by:
<ul style="list-style-type: none"> <li>Promoting their self-esteem and confidence to give children the motivation to accomplish their goals.</li> </ul>	<ul style="list-style-type: none"> <li>Asking questions and encouraging discussions relating to the wider world and current affairs.</li> </ul>	<ul style="list-style-type: none"> <li>Learning about differences including culture, LGBTQ, religion and beliefs.</li> <li>Teaching tolerance and acceptance of our differences.</li> </ul>	<ul style="list-style-type: none"> <li>Taking part in World Kindness Days and whole school initiatives.</li> <li>Participating in lessons focussing on kindness including being kind to others and ourselves.</li> </ul>	<ul style="list-style-type: none"> <li>Participating in lessons relating to the wider world and current affairs.</li> <li>Allowing opportunities for children to interact with others to learn from their different experiences and backgrounds and cultures</li> </ul>