

## Wellbeing Curriculum Overview

### Key Stage 3 Information 2023/2024

Key Assessment Dates: n/a	n/a
Topics covered in Yr7 Autumn term	<p>Introduction and connecting with others. Being connected: what can I do?</p> <p>Introduction to the Zones of Regulation. Zones Bingo: non-verbal communication. Refuelling; Social Thinking: expected and unexpected behaviours.</p>
Topics covered in Yr7 Spring term	<p>Zones in Video: recognising expected and unexpected behaviour as well as emotions in others. The Zones in Me: recognising emotions. Understanding different perspectives. Me in My zone. How do I feel? My zones across the day.</p>
Topics covered in Yr7 Summer term	<p>Caution triggers ahead! Exploring sensory support tools. Exploring tools- for calming. Exploring tools- thinking strategies: Size of a Problem. Exploring tools- thinking strategies: Inner Coach vs Inner Critic. The toolbox. When to use yellow zone tools.</p>
Topics covered in Yr8 Autumn term	<p>Welcome back and reconnecting School values Growth Mindset. 'Your fantastic, elastic brain'. Growth Mindset. Mistakes and effort 'Smashing the myths of success. If I don't seat it, I don't get it'. Growth Mindset. Feedback</p>
Topics covered in Yr8 Spring term	<p>Growth Mindset. Growth or Fixed Mindset. Growth Mindset. Growth and Fix Mindset cards. Mindfulness: Introduction (.b programme) Mindfulness: Puppy training. Mindfulness: Turning towards calm. Mindfulness: Recognising worry</p>
Topics covered in Yr8 Summer term	<p>Mindfulness: Being Here Now Mindfulness: Moving Mindfully</p>

	<p>Mindfulness: Stepping back. Mindfulness: Befriending the Difficult. Mindfulness: Taking in the Good. Mindfulness: Pulling it all together</p>
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