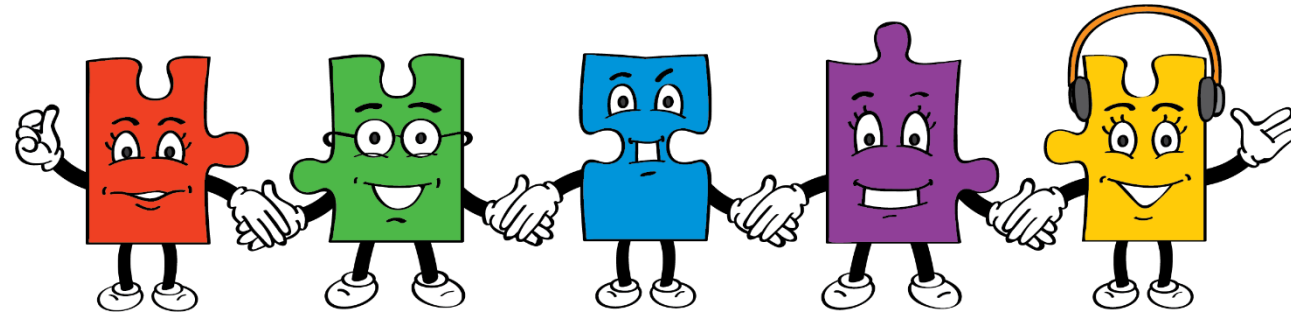


# Little Harrowden Well-being Plan

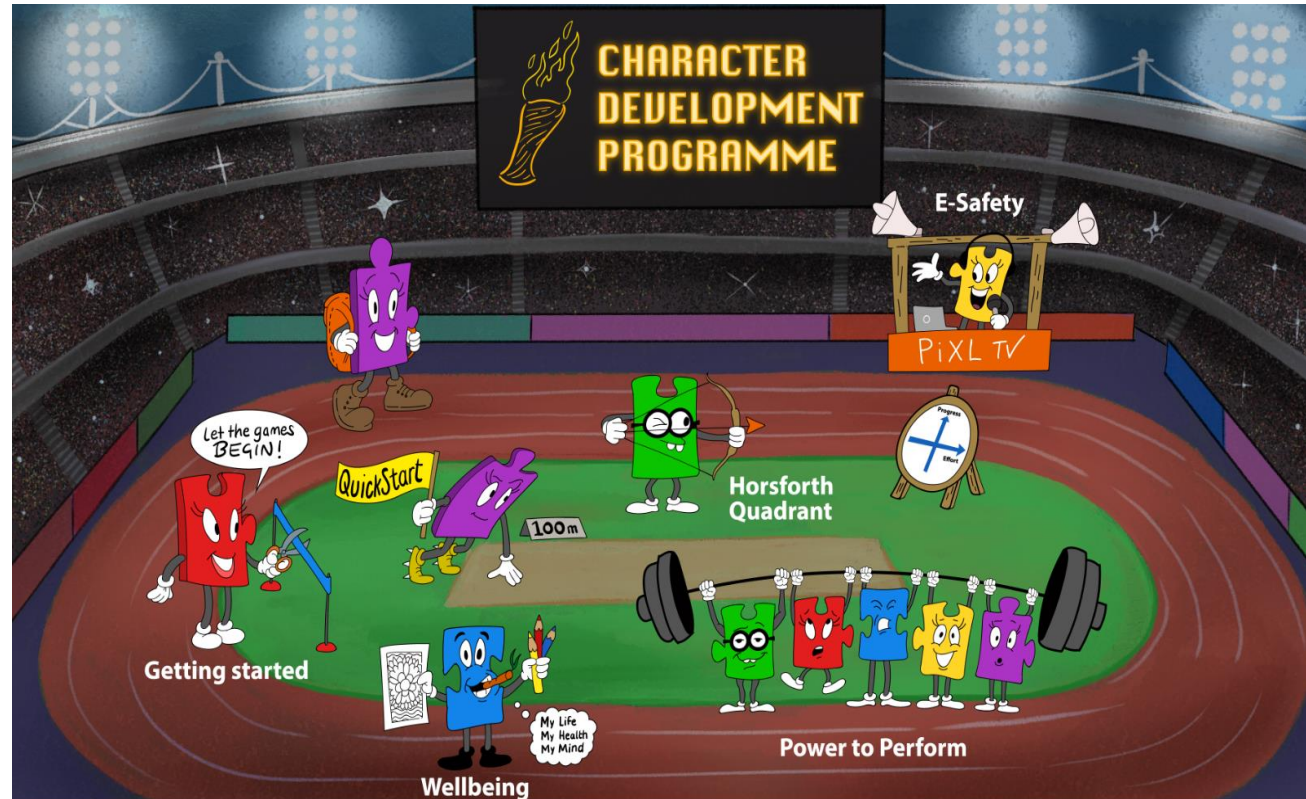


# Character Development and Wellbeing programme:

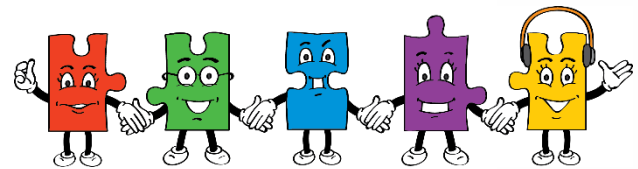
Click on Resources and then Character which will direct you to this landing page:

- Click on the QuickStart banner to find QuickStart sessions (select appropriate year group and term).
- Click on Wellbeing to find My Life, My Mind and My Health resources.
- Click on E-Safety to find the E-safety resources.

Click on Resources and then Culture to find all the Mind to be Kind units or click the orange Mind to Be Kind text box, on the slide, for a direct link.

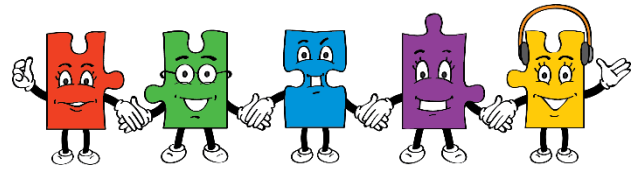


The Primary Edge Landing Page

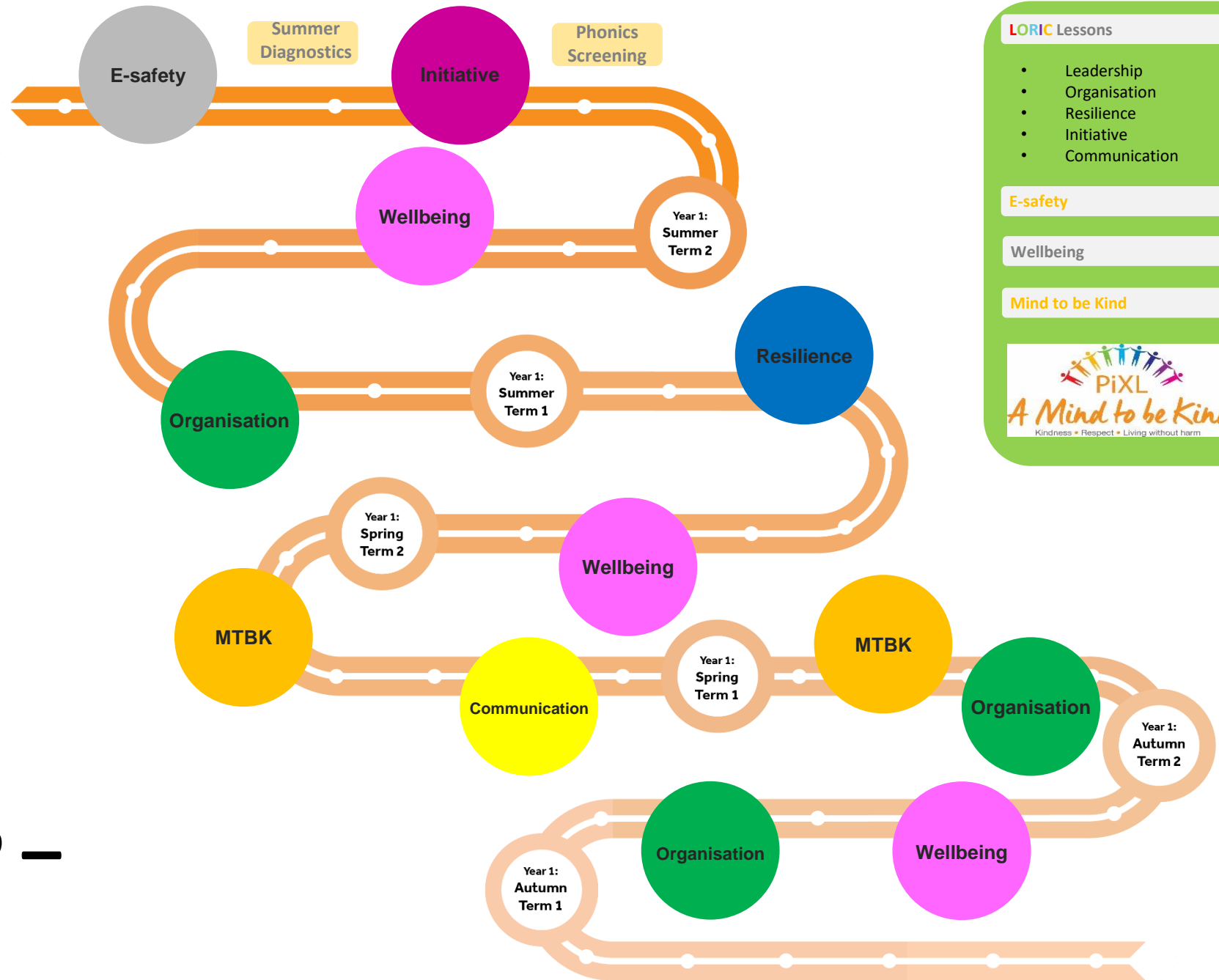


# OUR SCHOOL ROAD MAP





# OUR ROAD MAP – Year 1



**LORIC Lessons**

- Leadership
- Organisation
- Resilience
- Initiative
- Communication

**E-safety**

**Wellbeing**

**Mind to be Kind**

# Year 1 Overview

- Smoothing transition (e.g. less space & outdoor access, less child initiated more directed by adults...)
- Understanding new expectations – how I fit in, how do I express myself?
- Emerging independence and being part of different groups

**Autumn Term:  
Confident  
changes**

**Spring Term:  
Settling in**

**Summer Term:  
Stepping  
forward**

# Year 1 Autumn Term

- Pupils learn about personal organisation and how to remain positive and open to changes.

## Organisation

QuickStart Organisation sessions 1 - 3

## Wellbeing

My Mind - Session 10: Being positive  
My Life – Session 3: Impressions

Autumn Term:  
Confident  
changes

- Pupils understand what is meant by kindness.

## Organisation

QuickStart Organisation sessions 4 - 6

## Mind to be Kind

Kindness Units – Challenger Unit  
One: Week 1 – 2

# Year 1 Spring Term

- Pupils can learn how to be effective communicators.

Communication

QuickStart Communication sessions 1 - 4

Mind to be Kind

Living Without Harming Others –  
Challenger Unit One: Week 7

- Pupils develop an awareness of themselves and being part of a group. Pupils begin to see positive impact of resilience/determination.

Wellbeing

My Mind – Session 8: Self-awareness

Resilience

QuickStart Resilience sessions 1 - 4

Spring Term:  
Settling in

# Year 1 Summer Term

- Pupils can reflect on their organisation, how it helped them achieve goals and how success feels.

## Organisation

QuickStart Organisation sessions 7 - 10

## Wellbeing

My Mind – Session 4: Happiness  
My Health – Session 8: Keeping Healthy

- Pupils learn about what it means to take the initiative to take the next step.
- Being prepared for keeping safe online.

## Initiative

QuickStart Initiative sessions 1 - 4

## E-safety

E-Safety – Session 6: Games & apps  
E-Safety – Session 7: Being careful



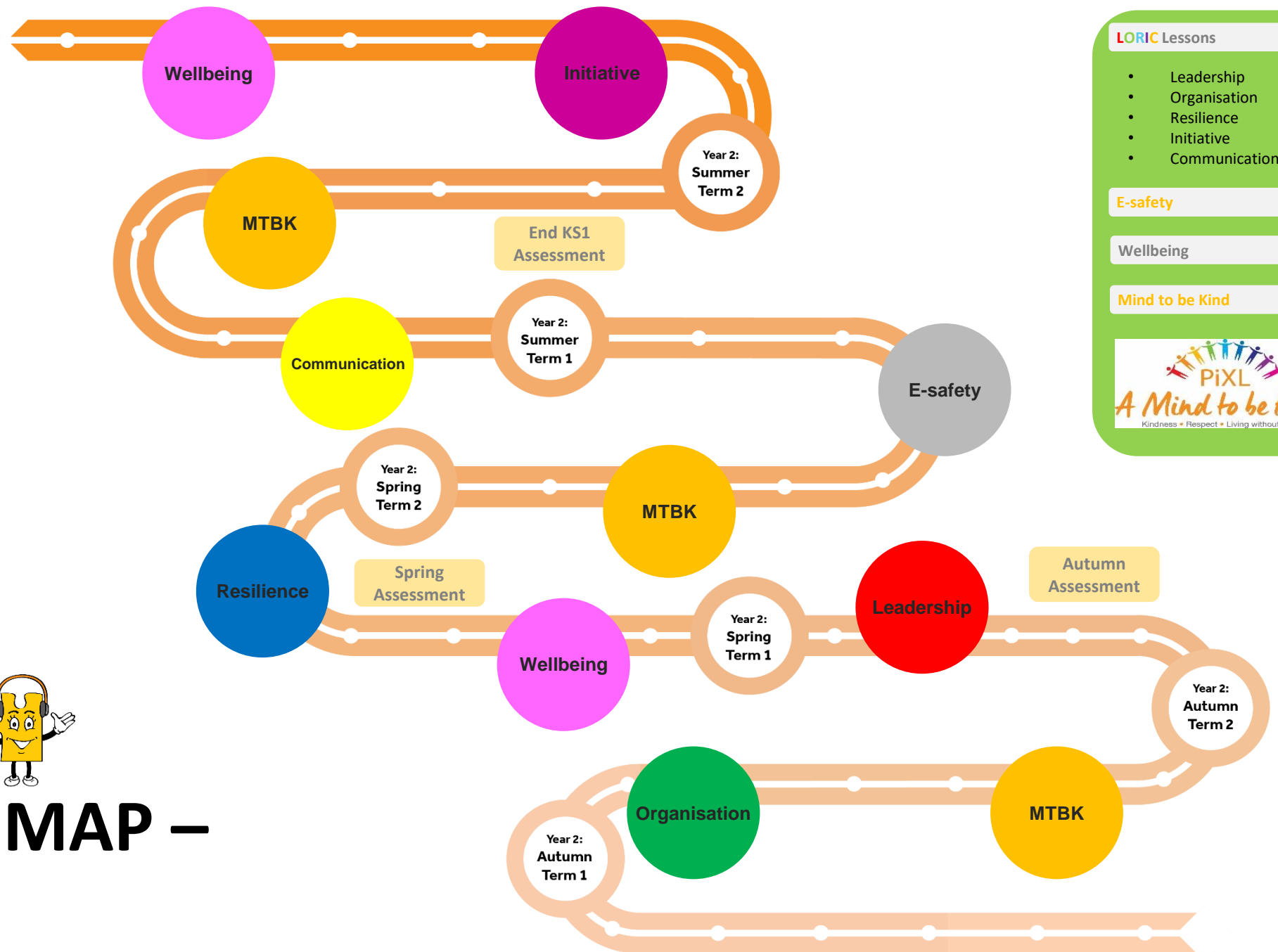
Summer Term:  
Stepping  
forward



# Curriculum Links

- People who look after us – the emergency services and child-line.
- Road Safety
- Online safety
- Bikeability
- First Aid
- SRE
- Drug Education

- Protective behaviours
- NSPCC Pants



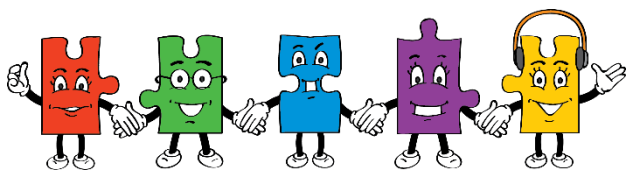
**LORIC Lessons**

- Leadership
- Organisation
- Resilience
- Initiative
- Communication

**E-safety**

**Wellbeing**

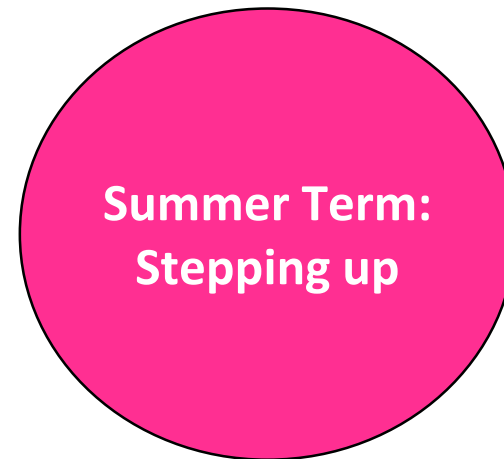
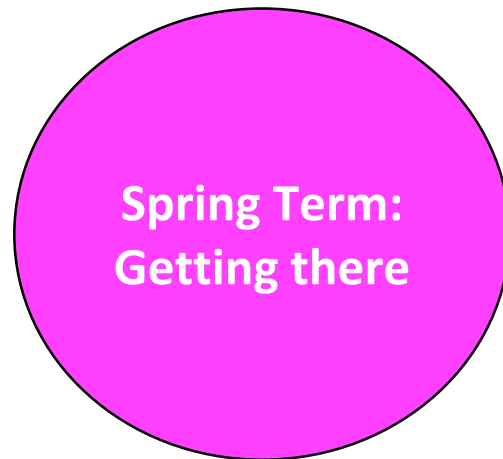
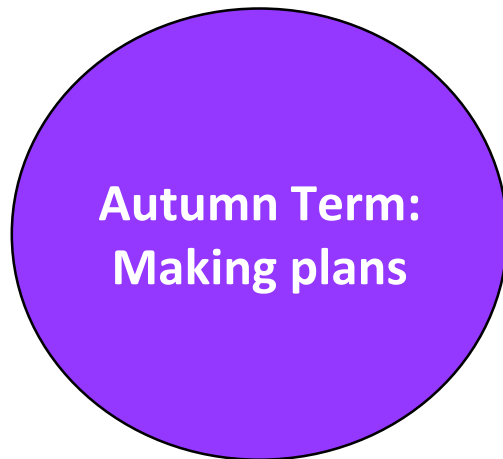
**Mind to be Kind**



# OUR ROAD MAP – Year 2

# Year 2 Overview

- Thinking ahead, setting goals and working with others
- Responsibility as role models and understanding the importance of resilience
- Building on foundations and stepping up to a new journey



# Year 2 Autumn Term

- Pupils learn how to plan and set goals.
- Pupils learn how to appreciate and handle differences effectively without causing harm.

## Organisation

QuickStart Organisation sessions 1 - 6

## Mind to be Kind

Living Without Harming Others –  
Challenger Unit One: Week 7

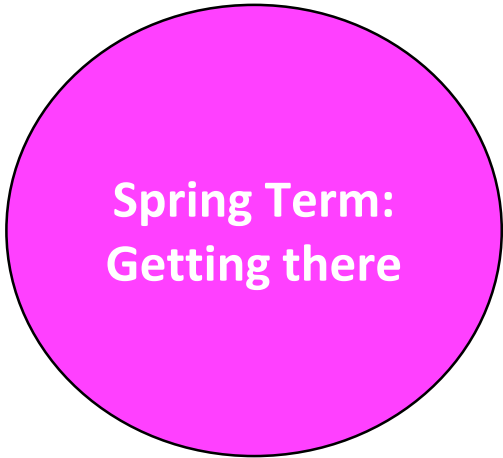
- Pupils recognise the responsibility of being a role model.

## Leadership

QuickStart Leadership sessions 1 - 6

Autumn Term:  
Making plans

# Year 2 Spring Term



- Pupils embrace challenge as a means to achieving goals.

## Resilience

QuickStart Resilience sessions 1 - 6

## Wellbeing

My Mind – Session 7: Determination  
My Life – Session 4: Being Proud

- Pupils understand the power of kindness and organise acts of kindness.
- Pupils learn how to communicate safely online.

## Mind to be Kind

Kindness Units – Challenger Unit  
One: Weeks 6 – 7

## E-safety

E-Safety – Session 9: Online rules  
E-Safety – Session 10: Staying safe online

# Year 2 Summer Term

- Pupils recognise various ways to engage with different groups to promote clear communication and understanding of feelings.

## Communication

QuickStart Communication sessions 1 - 6

## Mind to be Kind

Respect Units – Challenger Unit One:  
weeks 2 & 3

- Pupils recognise importance of stepping up for personal development.
- Pupils use strategies to build on their foundations more independently, whilst recognising when support is needed.

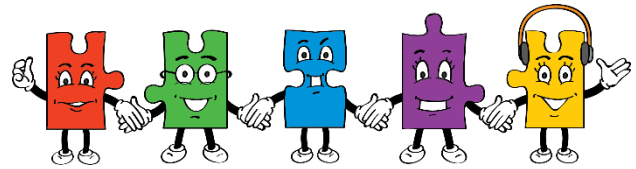
## Initiative

QuickStart Initiative sessions 1 - 6

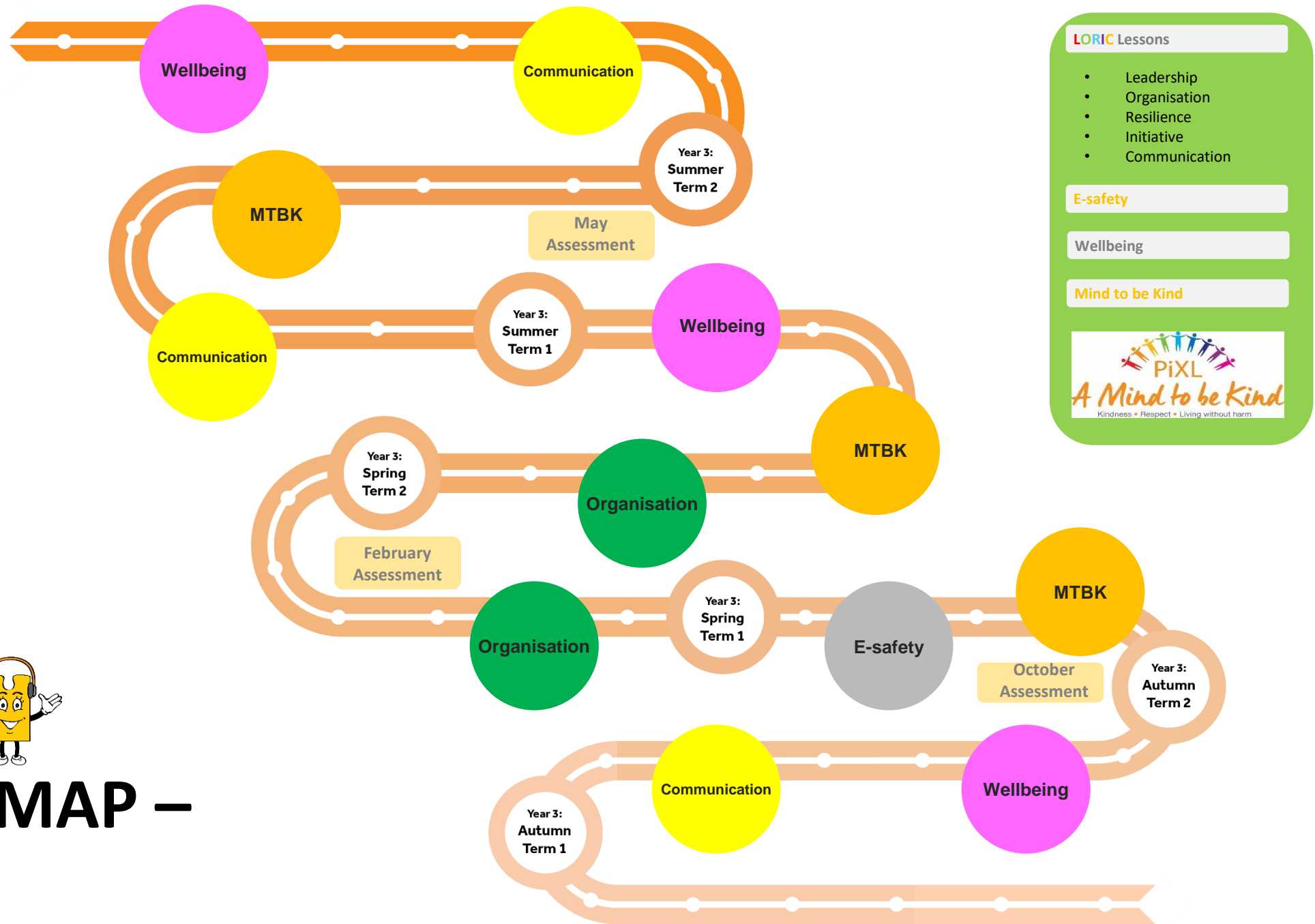
## Wellbeing

My Mind – Session 3: Support Network  
My Health – Session 4: Press Pause

Summer Term:  
Stepping up



# OUR ROAD MAP – Year 3



LORIC Lessons

- Leadership
- Organisation
- Resilience
- Initiative
- Communication

E-safety

Wellbeing

Mind to be Kind





# Year 3 Overview

- Deeper personal discovery/awareness
- Extending their boundaries with more independence
- Presenting their feelings and views to others whilst accepting that they can be different

Autumn Term:  
Am I ready?

Spring Term:  
Exploring  
what's around  
me

Summer Term:  
Discovering  
my voice

# Year 3 Autumn Term

- Pupils discover more about themselves and can establish how they fit in different groups/scenarios.

## Communication

QuickStart Communication sessions 1 - 4

## Wellbeing

My Mind – Session 7: Feelings  
My Life – Session 10: Connections

Autumn Term:  
Am I ready?

- Pupils extend their boundaries with more independence, including online.

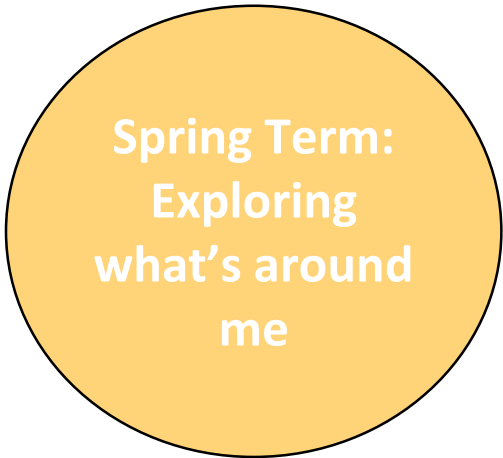
## E-safety

E-Safety – Session 1: Basics  
E-Safety – Session 2: Exploring online  
E-Safety – Session 5: Personal information

## Mind to be Kind

Living Without Harming  
Others – Contender Unit  
One: Week 4

# Year 3 Spring Term



- Pupils can identify organisational techniques that work for them and how it contributes to success.

## Organisation

QuickStart Organisation sessions 1 - 10

- Pupils extend their boundaries with more independence.

## Mind to be Kind

Kindness Units – Contender Unit One:  
weeks 6,7 & 8

## Wellbeing

My Health – Session 3: Healthy routines  
My Health – session 4: Recharge

# Year 3 Summer Term

- Pupils are able to present their feelings and views with sensitivity to the feelings and views of others.

## Communication

QuickStart Communication sessions 5 - 10

## Mind to be Kind

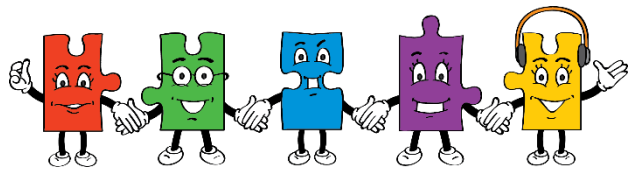
Respect Units – Contender Unit One:  
weeks 2 & 5

Summer Term:  
Discovering  
my voice

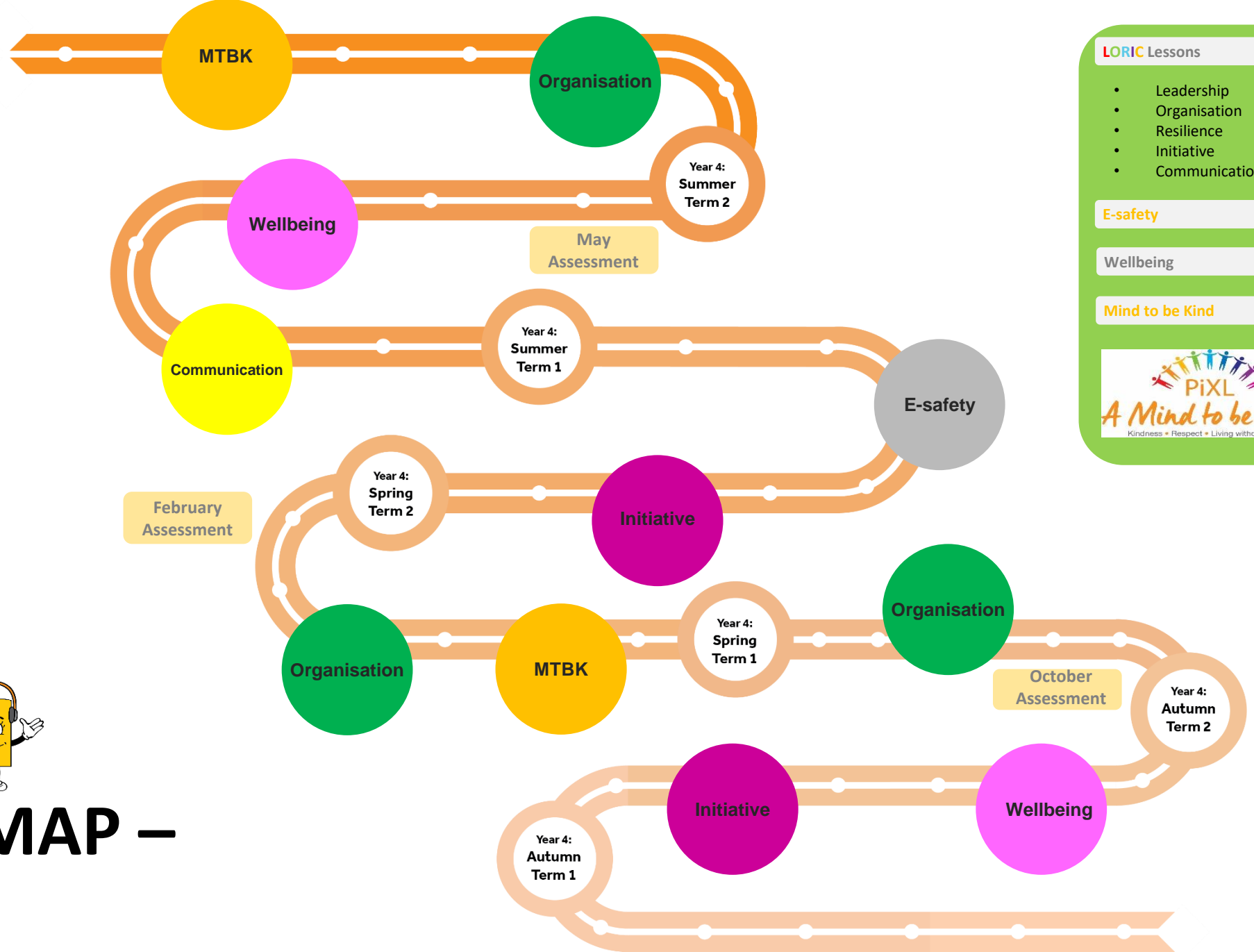
- Pupils reflect on what they have learnt about themselves.

## Wellbeing

My Mind – Session 11: Self-awareness  
My Life – Session 3: Confidence



# OUR ROAD MAP – Year 4



**LORIC Lessons**

- Leadership
- Organisation
- Resilience
- Initiative
- Communication

**E-safety**

**Wellbeing**

**Mind to be Kind**

# Year 4 Overview

- Beginning to establish independence
- Beginning to recognise higher expectations
- Realising that you are not an island

Autumn Term:  
Building  
confidence

Spring Term:  
Interacting  
with others

Summer Term:  
Using my voice

# Year 4 Autumn Term

- Pupils use greater sense of self to build confidence

## Wellbeing

My Mind – Session 4: Mind training  
My Life – Session 4: Pride

## Initiative

QuickStart Initiative sessions 1 - 6

Autumn Term:  
Building  
confidence

- Pupils develop strategies to help them meet the higher expectations that others will have of them.

## Organisation

QuickStart Organisation sessions 1 - 6

# Year 4 Spring Term

- Pupils begin to appreciate that it helps to get along with those around them.

## Mind to be Kind

Kindness Units – Contender Unit  
One: weeks 1,2 & 4

## Organisation

QuickStart Organisation sessions 7 - 8

Spring Term:  
Interacting  
with others

- Pupils begin to develop safer and more cooperative ways of interacting with others.

## Initiative

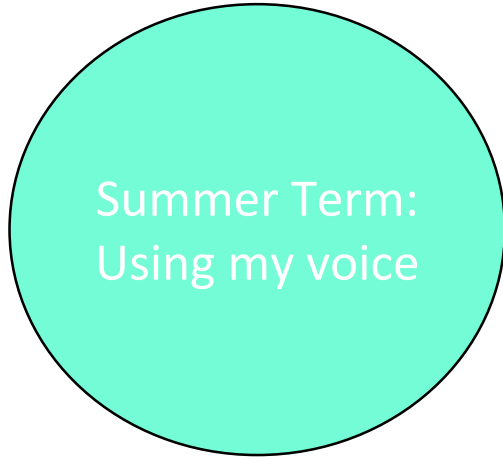
QuickStart Initiative sessions 6 - 10

## E-safety

E-Safety – Session 4:  
Communicating online  
E-Safety – Session 7: Cyberbullying



# Year 4 Summer Term



- Pupils begin to develop ways of interacting that can help both themselves and those around them.

## Wellbeing

My Health – Session 2: Being active  
My Mind – Session 9: Mental Health  
My Mind – Session 10: Positivity

## Communication

QuickStart Communication sessions 1 - 4

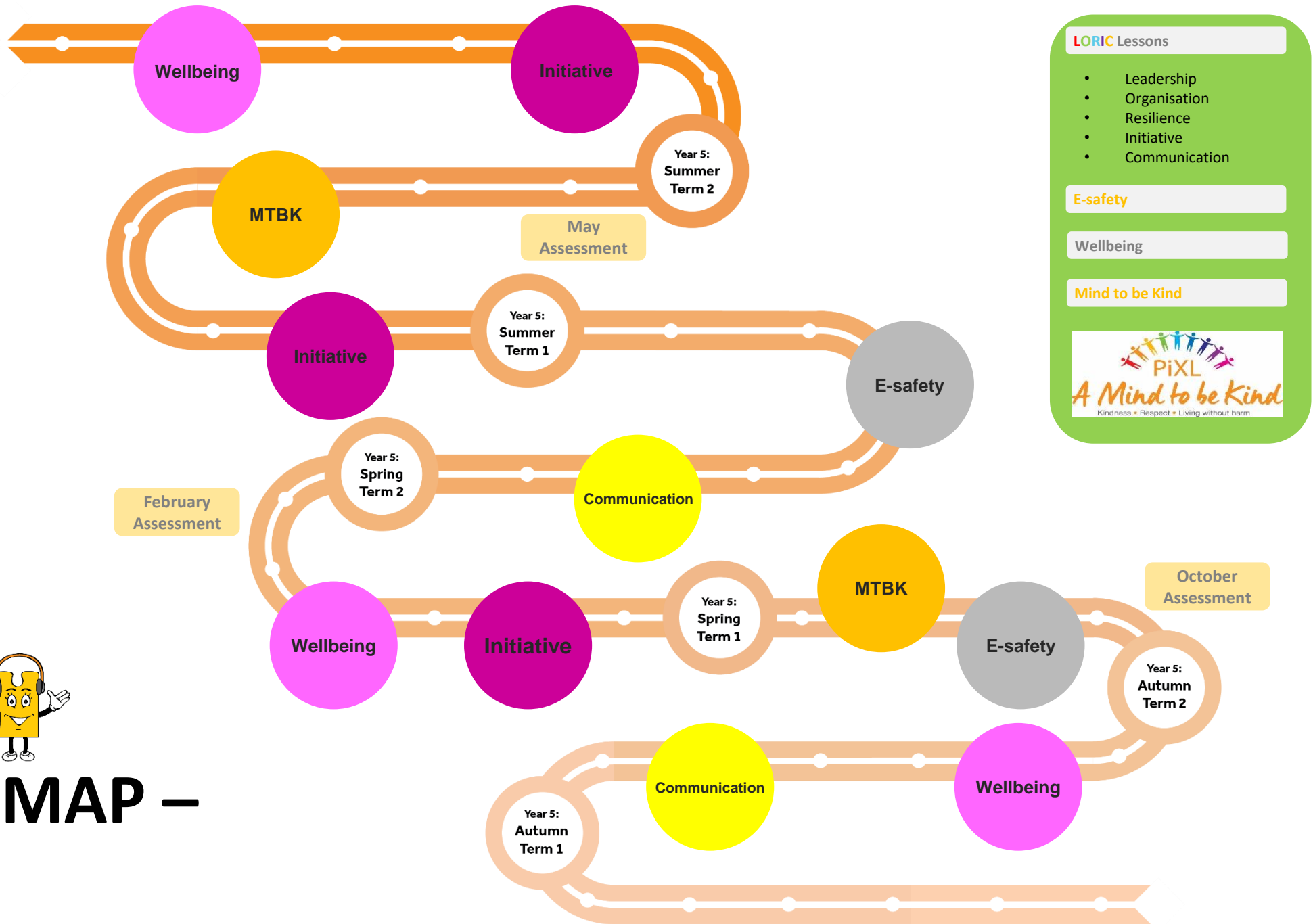
- Pupils develop greater understanding of how to make their interactions more effective.

## Organisation

QuickStart Organisation sessions 9 - 10

## Mind to be Kind

Respect Units – Contender Unit One:  
weeks 2,3 & 6



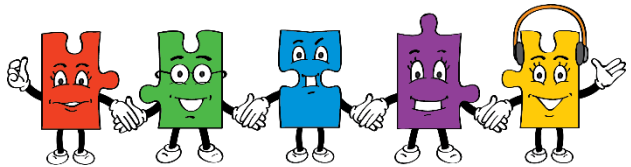
LORIC Lessons

- Leadership
- Organisation
- Resilience
- Initiative
- Communication

E-safety

Wellbeing

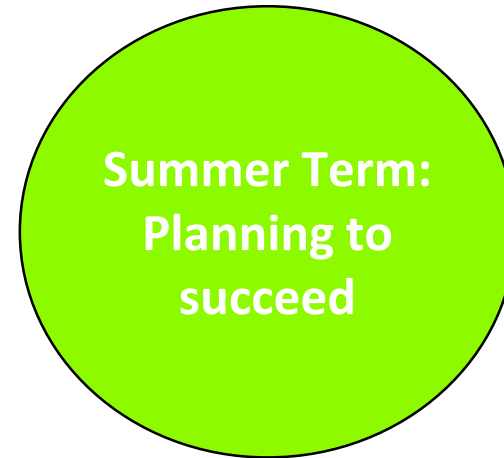
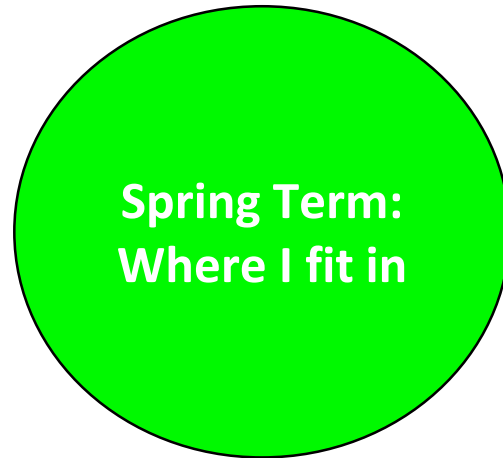
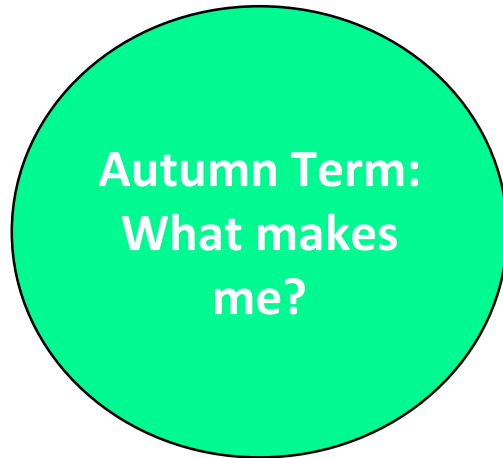
Mind to be Kind



# OUR ROAD MAP – Year 5

# Year 5 Overview

- Developing a clearer sense of identity
- Changes might be starting
- Nearly top of the school (but not quite)
- Calm before the storm



# Year 5 Autumn Term

- Pupils build on their growing self-awareness to assess how they can prepare to meet the increasing expectations on them.

## Wellbeing

My Mind – Session 4: Self management  
My Life – Session 9: Responsibility

## Communication

QuickStart Communication sessions 1 - 6

Autumn Term:  
What makes  
me?

- Pupils start to become aware of changes in themselves and how that might affect their sense of self.

## E-safety

E-Safety – Session 2: Social Media  
E-Safety – Session 3: Cyberbullying

## Mind to be Kind

Kindness Units – Champion Unit  
One: Weeks 4

# Year 5 Spring Term

- Pupils start demonstrating their developing maturity through independence and initiative.

## Initiative

QuickStart Initiative sessions 1 - 4

## Wellbeing

My Mind – Session 6: Focus  
My Health – Session 6: Energy levels

- Pupils consider others in their communication style.

## Communication

QuickStart Communication sessions 1 - 10

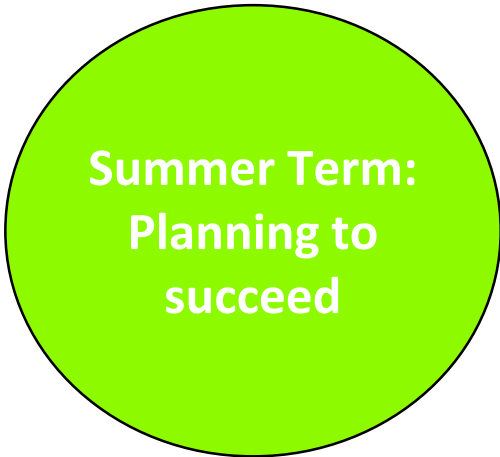
## E-safety

E-Safety – Session 5: Digital footprint  
E-Safety – Session 9: Online behaviour



Spring Term:  
Where I fit in

# Year 5 Summer Term



- Pupils can identify characteristics that will help them achieve their goals next year.

Initiative

QuickStart Initiative sessions 5 - 7

Mind to be Kind

Living Without Harming Others –  
Champion Unit One: Week 3 & 4

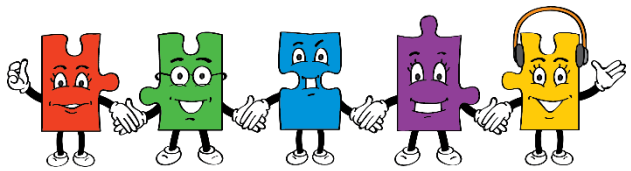
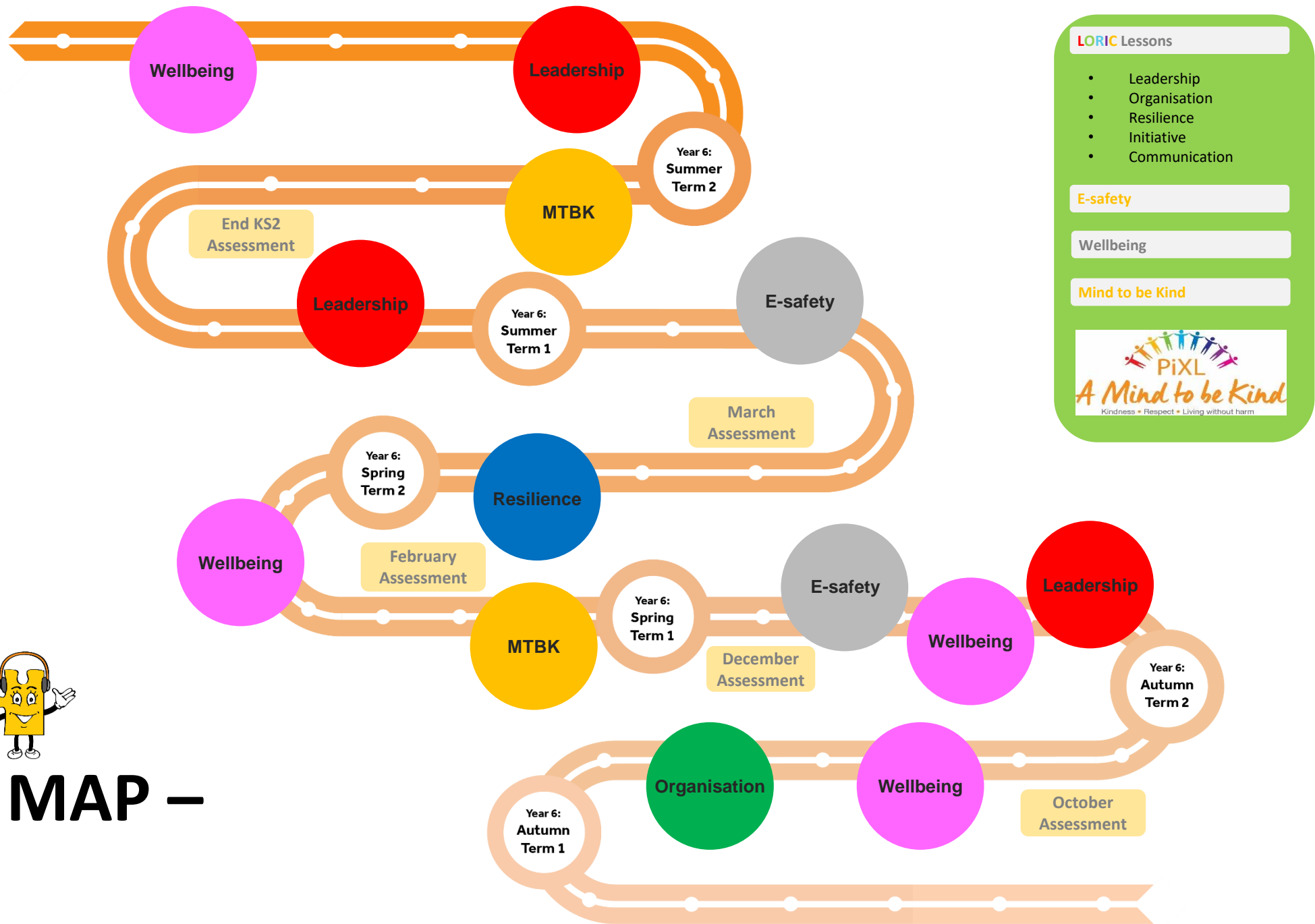
- Pupils can identify aspects of their character that would be useful to improve ready for next year.

Initiative

QuickStart Initiative sessions 8 - 10

Wellbeing

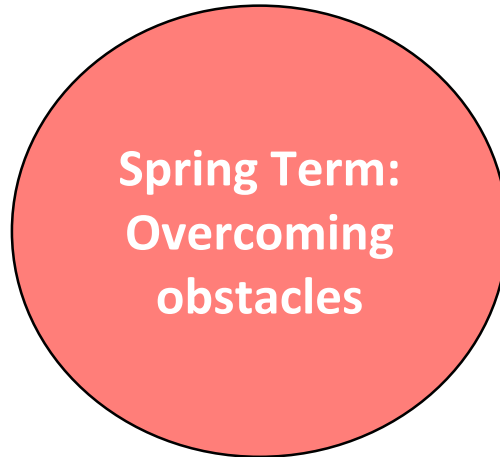
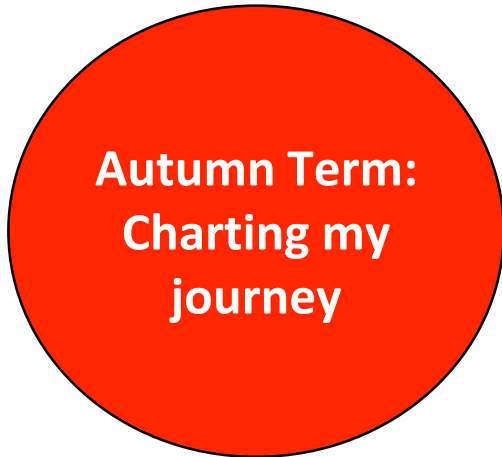
My Mind – Session 2: Game plan  
My Life – Session 7: Habits



# OUR ROAD MAP – Year 6

# Year 6 Overview

- Dealing with pressure
- Having belief in themselves
- Having a positive ending





# Year 6 Autumn Term

- Pupils have a clear idea of what they are aiming for.

## Wellbeing

My Mind – Session 7: Aspirations  
My Life – Session 3: Personal growth

## Organisation

QuickStart Organisation sessions 1 - 5

Autumn Term:  
Charting my  
journey

- Pupils have a good idea of where to get help when they need it.

## Wellbeing

My Life – Session 1:  
Life connections  
My Mind – Session 5: Support  
networks

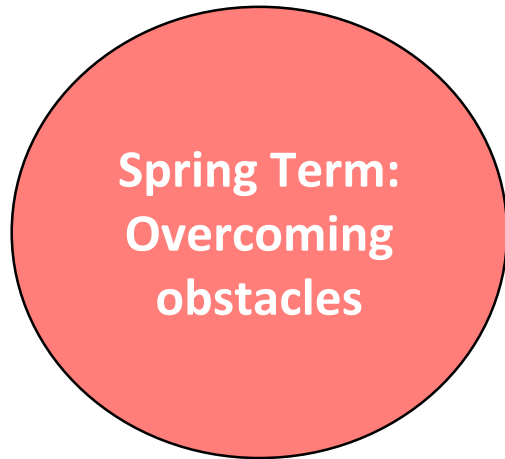
## Leadership

QuickStart Leadership  
sessions 1 - 2

## E-safety

E-Safety – Session 8:  
Being online and  
wellbeing  
E-Safety – Session 10:  
Staying safe online

# Year 6 Spring Term



- Pupils are aware of their feelings and how they might be affected by them.

## Mind to be Kind

Living Without Harming Others –  
Champion Unit One: Weeks 5 & 6

## Wellbeing

My Mind – Session 3: Self control  
My Health – Session 7: Food habits

- Pupils develop the resilience to carry them through.

## Resilience

QuickStart Resilience sessions 1 - 6

## E-safety

E-Safety – Session 6: Online scams  
E-Safety – Session 7: Online chatting

# Year 6 Summer Term

The understanding is that the first half of this term will have such a strong academic focus that these objectives will really be constrained to the second half term.

- Finishing with a flourish.

Mind to be Kind

Respect Units – Champion Unit One:  
weeks 3,4 & 7

Leadership

QuickStart Leadership sessions 3 - 6

Summer Term:  
Equipping for  
the next  
journey

- Reflecting on how far they've come to show them how far they can now go.

Wellbeing

My Mind – Session 8: Life journey  
My Mind – Session 10: Motivation  
My Life – Session 8: Pride

Leadership

QuickStart Leadership sessions 7 - 10