

Explore

Explore follow the 5 steps to wellbeing, each week pupils will experience each step through the wider curriculum. An example of typical daily activities are below:

Take Notice	Facilitate a moment of calm and stillness for your class everyday – include all pupils and staff
Give	Do one thing to help someone else each day
Connect	Use appropriate greetings and acknowledge others
Keep Learning	Engage with experiences and opportunities that challenge imagination
Be Active	Identifying activities, you enjoy and make it part of your everyday routine

In addition to daily activities pupils will explore half termly themes:

Take Notice

- Pupils are supported to recognise and communicate how they feel. They are aware that there are actions, people and places that can help to boost their mood. They are able to select simple strategies/activities that help them to relax or boost their mood.

Year	Objective	Theme
7	To talk positively about differences in our school. (I am grateful for being part of such an inclusive community.)	Difference and Diversity within our School Community
8	I know that being calm and still helps you to feel good.	Be Mindful of yourself
9	I am able to identify and talk about interesting places to go. (I can identify places that help me feel calm and /or boost my mood.)	What's on in Bury?
10	I am able to talk about important current events. I can communicate how these make me feel. I participate in activities that help me cope.	Current Affairs
11	I can participate in activities to relax me and can talk about how it feels to be relaxed.	Being Calm
College	I experience different methods of relaxation and identify methods that work for me.	Listen to yourself

Give

- Pupils are able to communicate how they feel when someone praises them. They initiate this behaviour themselves. They are supported to identify ways that they can help others and engage with this.

Year	Objective	Theme
7	I am aware of the outside environment and 3 key things to do to look after it.	How can we look after our environment?
8	I am aware that appreciating others helps me to feel good about myself. I say thank you to show I appreciate others.	Say Thank you
9	I am aware that charities help people in need. I know that helping others makes me and them feel good.	Charity
10	I am aware that our we should look after our world. I know 3 ways I can do this.	Our World
11	I know that valuing others is important. I can talk to others to make them feel valued.	Being Kind, talk to someone you don't know
College	I participate in acts of charity and kindness. I am able to talk about how this makes me feel.	Our community

Connect

- Pupils want to connect with others through social interactions. They understand that they belong to a group and share interests. They are able to communicate with others developing confidence and feel valued. They are more aware of the environment and will comment.

Year	Objective	Theme
7	I have confidence to join in activities with my new class.	Transition, making connections with a new school community
8	Giving others praise makes myself and them feel good.	Talk to others
9	I recognise and value differences in others.	Celebrate Difference
10	I can talk to people I don't know.	Reach Out to Others
11	I can talk about my feelings about transition to college.	Next Steps
College	I have the resilience to try something new and reach out to people I do not know. I take confident steps to make new friends.	Out of Your Comfort Zone

Keep Learning

- Through different learning experiences and environments pupils participate and develop their understanding of learning. Pupils with support will identify areas they want to develop and will engage in making choices. By providing experiences that allow for curiosity, exploration and reward pupils will learn and retain information.

Year	Objective	Theme
7	I am confident enough to ask for help.	Asking for help
8	I am aware of how to keep myself safe at home and in school.	Being Safe
9	I participate in learning activities outdoors and know these can help me to feel good.	Wellbeing Outdoors
10	I participate in a creative project and am aware this relaxes me.	Be Creative
11	I am able to meet simple deadlines and follow timelines confidently.	Planning my time
College	I work with support to set myself a challenge. I talk about my progress with staff. I enjoy the sense of achievement when I reach my goal.	Becoming a young adult

Be Active

- Through different physical experiences and opportunities pupils will develop their understanding of being active and leading a healthy lifestyle.

Year	Objective	Theme
7	I understand the benefits of a healthy breakfast and take steps to make sure I eat breakfast every day.	A Healthy Start to the Day
8	I reflect on how new activities that keep me active have made me feel.	Try Something New
9	I understand that performing arts can help me to enjoy being active. I can reflect on how this makes me feel.	Be Creative
10	I actively participate in outdoor exercise. I understand that this can make me feel good.	Outdoors
11	I participate in activities that increase my heart rate. I understand how my body reacts to this and why it is good for me.	A Healthy Heart
College	I set myself a fitness goal and stick to it. I reflect on challenges and talk about my progress.	Keeping Fit