

Inspire

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

Take Notice	Facilitate a moment of calm and stillness for your class everyday – include all pupils and staff
Give	Take responsibility for own environment.
Connect	Initiate greetings and engage in conversations.
Keep Learning	Engage with learning and using it as a tool to progress. Have the confidence to set personal goals.
Be Active	Taking responsibility for engaging in physical activities that provide overall wellbeing. Talk about the impact on self, confidence and self -esteem.

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

Take Notice

- Pupils are able 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 self-select strategies/activities that help them to relax or boost their mood.

Year	Objective	Theme
7	I recognise how to include and value all members of our community. I am grateful and appreciate my community.	Difference and Diversity within our School Community
8	I know that being calm and still is essential to good mental health and know ways to do this.	Be Mindful of yourself
9	I know how to identify places to go and activities within our local area that can boost my mood or help me to be calm.	What's on in Bury?
10	I am able to discuss my feelings about current events. (I understand how this can affect my mood and know that there are strategies I can use to help myself.)	Current Affairs
11	I understand how I can relax and know how it helps me. (I select to do this at appropriate times.)	Being Calm
College	I experience different methods of relaxation and identify methods that work for me. I self-select these methods appropriately.	Listen to yourself

Give

- Pupils actively greet others politely, accept praise appropriately and give others praise without prompts. Pupils understand the impact of giving and actively engage in larger giving projects.

Year	Objective	Theme
7	I am aware of the outside environment and can take responsibility for looking after it.	How can we look after our environment?
8	I am aware that appreciating others and being appreciated by others boosts our self-esteem. I feel confident enough to say thank you.	Say Thank you
9	I understand the role of a charity and have a sense of achievement when fundraising for them.	Charity
10	I am aware of how our actions affect the wider world. I can take steps to help this.	Our World
11	I am aware that some people feel isolated. I know I can help by valuing them.	Being Kind, talk to someone you don't know
College	I have experienced and can reflect on the sense of self-worth I have when I give to others.	Our community

Connect

- Pupils initiate contact with others through social interaction, communication and seek to develop positive relationships. Pupils understand the need to connect with others and see it as a tool to develop themselves. They show an interest in the environment and can reflect on their experience.

Year	Objective	Theme
7	I talk about how it feels to be part of a class team.	Transition, making connections with a new school community
8	I can identify how my friends make me feel good about myself.	Talk to others
9	I feel confident enough to talk about difference.	Celebrate Difference
10	I feel confident talking to people I don't know.	Reach Out to Others
11	I can discuss my feelings about transition and use my wellbeing tools when needed.	Next Steps
College	I have the resilience to try something completely new. To share experiences with a new group of people and establish new friendships.	Out of Your Comfort Zone

Keep Learning

- Pupils are more aware of the process of learning and the environment that they are exposed to. They use this to develop the knowledge and understanding of key skills. They are aware of the goals they want to achieve and see this as a challenge to develop themselves and their wellbeing.

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 to do outdoors and know these 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

- Pupils will develop their own understanding and have an awareness of the impact of being active physically, mentally and emotionally.

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 keep me active and how I now 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 why this can boost my mood.	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