

### Thrive

Thrive 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:

<b>Take Notice</b>	<b>Facilitate a moment of calm and stillness for your class everyday – include all pupils and staff</b>
<b>Give</b>	<b>Say thank you to others, show your appreciation.</b>
<b>Connect</b>	<b>Greetings and welcoming each other at the start of the day</b>
<b>Keep Learning</b>	<b>Opportunities to explore new opportunities</b>
<b>Be Active</b>	<b>Experience movement</b>

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

**Take Notice**

- The curriculum focuses on enabling pupils to access opportunities to be present. Staff will be key to facilitating moments of calm, opportunities to communicate their own feelings and make a choice when offered help strategies.

<b>Year</b>	<b>Objective</b>	<b>Theme</b>
<b>7</b>	<b>I am aware and notice differences in my surroundings.</b>	<b>Difference and Diversity within our School Community.</b>
<b>8</b>	<b>I respond to support to be calm and still.</b>	<b>Be Mindful of yourself.</b>
<b>9</b>	<b>I have confidence to explore new places in the wider community. I am able to experience places that give me moments of joy and calm.)</b>	<b>What's on in Bury?</b>
<b>10</b>	<b>I am aware and participate in activities linked to current events. I begin to build awareness of how being with others can help me improve my mood.)</b>	<b>Current Affairs</b>
<b>11</b>	<b>I can experience moments of calm.</b>	<b>Being Calm</b>
<b>College</b>	<b>I begin to recognise when I need help to relax and accept help from others.</b>	<b>Listen to yourself</b>

## Give

- Pupils are exposed to praise, positive greetings and feel valued. They respond appropriately to praise and kindness. They begin to appreciate that smiling and giving praise feels good and can help others.

Year	Objective	Theme
7	<b>I am aware of the outside environment and communicate my feelings about this experience.</b>	<b>How can we look after our environment?</b>
8	<b>I know that when others say 'Thank you' it makes me feel good.</b>	<b>Say Thankyou</b>
9	<b>I can participate in activities that will help others.</b>	<b>Charity</b>
10	<b>I am aware of the wider world and enjoy exploring new stimulus.</b>	<b>Our World</b>
11	<b>I am becoming more confident in communicating with people I do not know.</b>	<b>Being Kind, talk to someone you don't know.</b>
College	<b>I participate in acts of charity and kindness. I respond positive to others' appreciation of this.</b>	<b>Our Community</b>

## Connect

- Pupils social connections are more limited and rely on a core group of people. They respond to familiarity by developing trust, confidence and belonging. They begin to interact and respond with others with support.

Year	Objective	Theme
7	I am aware of and begin to communicate with my new class.	Transition, making connections with a new school community
8	I enjoy and accept praise and positive feedback.	Talk to others
9	I know everyone in school is different, but we all belong.	Celebrate Difference
10	I can interact with someone unfamiliar.	Reach Out to Others
11	I know that I am changing class and know who can help me.	Next Steps
College	I have the resilience to try something new and reach out to people I do not know.	Out of Your Comfort Zone

## Keep Learning

- Pupils are exposed to learning opportunities and environments that encourage wellbeing. By providing experiences that allow for curiosity, exploration and reward, pupils will learn and retain information.

Year	Objective	Theme
7	I know I can ask and receive help from others.	Asking for help
8	I know where my safe places and people are.	Being Safe
9	I can participate in learning experiences outdoors.	Wellbeing Outdoors
10	I can participate in learning experiences outdoors.	Be Creative
11	I am able to tolerate busy times.	Planning my time
College	I respond to adult support to learn a new skill. I join in celebrations and have a sense of achievement.	Becoming a young adult

## Be Active

- Pupils are exposed to learning opportunities and experiences that encourage physical movement. Developing an awareness of their own bodies and the benefits of exercise.

Year	Objective	Theme
7	I experience a range of healthy breakfasts.	A Healthy Start to the Day
8	I am willing to participate in new activities that keep me active.	Try Something New
9	I can participate in a creative activity that keeps my body moving.	Be Creative
10	I can take part in exercise outdoors.	Outdoors
11	I experience activities that increase my heart rate.	A Healthy Heart
College	I work towards a fitness goal with support. I respond positive to support and become more active.	Keeping Fit