	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Personal Development Opportunities
EYFS				Zones – What are	Zones – What are	Zones – What are	'Improve'
-115				the different zones? What do they mean? Give examples of	the different zones? What do they mean?	the different zones?	
				when they have felt those emotions	Focus on Happy – Who / what makes you happy? How	Managing Emotions Focus on Sadness – Who can you talk	
					can you make someone else happy?	to if you're sad? What helps you become happy again?	
Year 1				Zones – What are the different zones? What do they mean? Give examples of	Zones – What are the different zones? What do they mean?	Zones – What are the different zones?	
				when they have felt those emotions	<u>Managing</u> <u>Emotions</u> Focus on Happy – Who / what makes	<u>Managing</u> <u>Emotions</u> Focus on sadness– What strategies	
					you happy? How can you make someone else happy?	can you use to get back into the Green zone? Add to the toolkit	

Year 2	Zones – What are Zones – What are Zones – What are	
	the different zones? the different the different	
	What do they mean? zones? What do zones?	
	Give examples of they mean?	
	when they have felt Managing	
	those emotions Managing Emotions	
	Emotions Focus on scared –	
	Focus on Sadness – What strategies	
	What strategies can you use to get	
	can you use to get back into the Green	
	back into the Green zone? Add to the	
	zone? Add to the toolkit	
	toolkit	
Year 3	Zones – What are Zones – What are Zones – What are	
	the different zones? the different the different	
	What do they mean? zones? zones?	
	Give examples of Managing Managing	
	when they have felt <u>Emotions</u> <u>Emotions</u>	
	those emotions Focus on scared – Focus on Tired –	
	What strategies What strategies	
	can you use to get can you use to get	
	back into the Green back into the Green	
	zone? Add to the zone? Add to the	
	toolkit toolkit	
Year 4	Zones – What are Zones – What are Zones – What are	
	the different zones? the different the different	
	What do they mean? zones? zones?	
	Managing Emotions Managing Managing	
	Focus on Sadness –EmotionsEmotions	
	What strategies can Focus on Bored and Focus on frustrated	
	you use to get back then Tired – What – What strategies	
	into the Green zone? strategies can you can you use to get	
	Add to the toolkit use to get back into back into the Green	
	the Green zone? zone? Add to the	
	Add to the toolkit toolkit	

Year 5		Zones – What are	Zones – What are	Zones – What are
		the different zones?	the different	the different
		What do they mean?	zones?	zones?
		Managing Emotions	Managing	Managing
		Focus on Anger –	Emotions	Emotions
		What strategies can	Focus on Bored and	Focus on Anxiety –
		you use to get back	then Tired – What	What strategies
		into the Green zone?	strategies can you	can you use to get
		Add to the toolkit	use to get back into	back into the Green
			the Green zone?	zone? Add to the
			Add to the toolkit	toolkit
Year 6		Zones – What are	Zones – What are	Zones – What are
		the different zones?	the different	the different
		What do they mean?	zones?	zones?
		Managing Emotions	Managing	Managing
		Focus on Anger –	Emotions	Emotions
		What strategies can	Focus on Anxiety	Focus on
		you use to get back	and overwhelmed	Devastated – What
		into the Green zone?	 What strategies 	strategies can you
		Add to the toolkit	can you use to get	use to get back into
			back into the Green	the Green zone?
			zone? Add to the	Add to the toolkit
			toolkit	

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RSE – Module 2: Created to Love Others							
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Personal Development Opportunities

							'Don't give up' and 'Work
							hard'.
EYFS	Unit 3: Session 3 –	<u>Zones –</u>	Caritas – Rights and	Unit 3: Session 4 –	<u>Zones –</u>	Caritas – Rights	
	Let's get real	Managing Emotions	responsibilities – God	Growing up	Managing Emotions	and	
			wants everyone to be			responsibilities	
		Focus on Scared –	happy.		Focus on sick –	– God gives us	
		Who can you talk to if			What can make you	all we need to	
		you're scared?			sick? How can you help yourself? What can	be happy.	
		What helps you become			you do if you're sick?		
		happy again?			you do li you le sick!		
Year 1	Zones –	Water Spillage	Zones	Unit 3: Session 2	NSPCC Pants rule	Caritas – Rights	
	Managing Emotions	(Being responsible)		Good Secrets and	materials	and	
		(Bad Secrets	https://www.nspcc.org	responsibilities	
	Focus on Tired –				.uk/keeping-children-	– Happiness is?	
	Effects of sleep				safe/support-for-	Exploring what	
	deprivation				parents/pants-	makes us	
	Good sleep habits				<mark>underwear-rule</mark> /	happy.	
Year 2	Unit 3: Session 3	<u>Zones –</u>	NSPCC Pants rule	Unit 3 Session 4	<u>Zones</u>	Caritas – Rights	
	Physical Contact	Managing Emotions	materials	Harmful substances		and	
			https://www.nspcc.or			responsibilities	
		Focus on Tired –	g.uk/keeping-children-			– Happiness is?	
		Effects of sleep deprivation	safe/support-for-			Exploring what	
		Good sleep habits	parents/pants-			makes us	
Year 3	Unit 3: Session 1	Zones - Jealousy	underwear-rule/ Caritas Solidarity and	Unit 3: Session 3	Zones –	happy Module 2 –	
Teal 5	Sharing online	(Feelings and emotions 5-	common good – I	Physical Contact	Managing Emotions	<u>Unit 4 – safe in</u>	
	Sharing Online	8)	listen to you with my		Managing Emotions	my body –	
			ears, heart and mind		Focus on Tired –	railways and	
					Effects of sleep	water	
					deprivation		
					Good sleep habits		
Year 4	Unit 2: Session 2	Zones - Jealousy	Caritas Solidarity and	Module 2 - Unit 4:	Zones Grief	Read 'The	
	Chatting online	(Feelings and emotions 8-	common good – We	Safe in my Body -	(Feelings and emotions	proudest blue'	
		11)	walk together as	Roads	8-11)	 A story of 	
			people of peace			Hijab and	
						Family Story	

Year 5	Unit 3: Session 3 Types of abuse	<u>Zones –</u> <u>Managing Emotions</u> Focus on Tired – Effects of sleep deprivation Good sleep habits	Module 3 Unit 2 Session 1 Reaching out	Unit 3: Session 4 Impacted lifestyles	Zones – Managing Emotions Focus on Jealousy (Feelings and emotions 8-11)	from another faith - Islam Equality: Other faiths Module 1 Unit 3 Session 1 Body image
Year 6	Unit 3: Session 5 Making good choices	Zones – Managing Emotions Focus on <u>Ready to learn –</u> Ready for study, revision, tests etc	Module 1 Unit 3 Session 2 Peculiar Feelings	Zones – Managing Emotions Focus on <u>Grief</u> (Feelings and emotions 8-11)	Module 2 Unit 2 Session 4 Build others up – Classroom shorts 'Stereotypes' 'Differences'	Module 2 Unit 2 Session 2 Do you want a piece of cake