

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

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

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

## Lent 2

### RSE – Module 2: Created to Love Others

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Personal Development Opportunities</b>

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

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