

Week	Theme	Aims
1	Getting to know you	<p><b>Intent:</b> Children share their likes and dislikes with us and learn that others' likes and dislikes may be different from their own. Learning that when we share our preferences with others, this information can be used to help avoid conflict</p> <p><b>Cultural Understanding:</b> Everybodys backgrounds are different and we may have different values or find different things acceptable/unacceptable</p>
2	Family	<p><b>Intent:</b> Learning that our families may all be very different from each other's but they are the people who care about us most and who we care about most. Thinking about who we can trust and talk to when we want to share things both inside and outside our families.</p> <p><b>Cultural Understanding:</b> Learning that our culture can impact our family in many ways. Some extended families are closer in some cultures and some people live far from their loved ones. Family celebrations can differ in some cultures.</p>
3	Happiness	<p><b>Intent:</b> Learning what it feels like to be happy, the things that make us happy externally and what we can do ourselves to stay happy. Also learning that we can have an impact on people's happiness around us.</p> <p><b>Cultural Understanding:</b> Learning that different people find happiness in different ways and there may be a cultural influence on what makes different people happy.</p>
4	Kindness	<p><b>Intent:</b> Learning that when we are kind it has a huge impact on the people around us and that being kind and seeing the difference we make to others has a positive impact on our own mental wellbeing.</p> <p><b>Cultural Understanding:</b> A smile is the same in every language. Most cultures hold kindness in high esteem and name it as something to strive towards.</p>
5	Anti-bullying	<p><b>Intent:</b> Learning the correct definition of bullying and how that is different from someone being mean. This years theme is 'One Kind Word' The children will learn how one kind word to another person can completely change their day for the better. They will also be encouraged to reflect on how being kind to others impacts on our own feelings of wellbeing.</p> <p><b>Cultural Understanding:</b> There are different kinds of bullying and racism and homophobia can fall under this umbrella. Learning that treating people differently because of their race, religion, colour or sexuality is illegal in this country.</p>
6	Anger	<p><b>Intent:</b> Understanding what anger is and how it feels including our early warning signs. Learning that we can't help how we feel but we do have a choice about our actions. Sharing strategies to help us feel better and make good choices.</p> <p><b>Cultural Understanding:</b> Anger (as with other emotions) is the same across all cultures and a pro-social reaction to anger is also what is expected cross-culturally.</p>
7	Honesty and Trust	<p><b>Intent:</b> I understand that being a good citizen means I am honest and I understand how dishonesty can affect others in a negative way. I know that I cannot trust everything I see on television and on social media. I know advertisers may use tricks to try and persuade me to buy their products.</p>



		<b>Cultural Understanding:</b> Learning about the story of Harriet Tubman. The trust that people needed to rely on each other in the Underground Railway
8	Celebration (self-esteem)	<b>Intent:</b> I can recognise my strengths and learn how I can use them to help me in other areas.  <b>Cultural understanding:</b> Learning about Totem Poles, traditional in Native American cultures.
9	Christmas/Easter/Summer	<b>Intent:</b> Learning about the season and how to cope with the feelings of excitement and disappointment that come with it.  <b>Cultural understanding:</b> Learning that not everybody celebrates the same festivals and learning about other ways of celebrating around the world.
10	Setting Goals	<b>Intent:</b> To learn to look forward in a positive way and have ambitions for the future. Begin to think about the small steps we can make in order to achieve these goals.  <b>Cultural understanding opportunity:</b> Every culture has a way of saying goodbye to the bad/past and welcoming a new and hopeful future from Yash Hashanah and Yom Kippur (Judaism) to Chinese New Year, Islamic New Year. Other cultures celebrate new year at different times of the year as our Gregorian calendar is only one of many. Different people/cultures/countries may celebrate New Year in different ways and with different traditions.
11	Worry	<b>Intent:</b> Learning that everybody has worries, adults and children alike. Learning that sharing a worry can make it seem smaller and learning to accept help in order to make a worry feel smaller or make it disappear. Learning techniques to reduce anxiety.  <b>Cultural Understanding:</b> Different people will have different worries and they are all as valid as each other. The common solution though, is to share them.
12	Fear and Courage	<b>Intent:</b> Focusing on what fear feels like in the body and learning about what it does to our brain. Understanding that fear can keep us safe but it can stop us from trying new things. Learning techniques to help us develop courage when needed.  <b>Cultural Understanding:</b> Looking at African masks and learning that lots of cultures use scary images to frighten away bad spirits and negativity.
13	Feeling Good (Mindfulness)	<b>Intent:</b> Learning about the 5 ways to wellbeing and their impact on our mental health. Learning some mindfulness skills and tools and thinking about how we can use these in our everyday lives.  <b>Cultural Understanding:</b> Learning about meditation and its importance in the Buddhist religion
14	Perseverance	<b>Intent:</b> Learning that in order to achieve our goals we need to persevere along the way. Persevering takes resilience and this is something we can learn.  <b>Cultural understanding:</b> Learning about Nelson Mandela and the resilience and perseverance he needed to achieve his goal.
15	Co-operation	<b>Intent:</b> Learning to work together, turn take and make allowances for the needs of others.



		<p><b>Cultural Understanding:</b> In the wider community, it is important to co-operate with neighbours and in the wider world for nations to co-operate for the greater good. This requires respecting differences of race, colour and religion.</p> <p>Tinga Tales – Why ants work together</p>
16	Changes	<p><b>Intent:</b> To understand that we go through many changes in our lives and that these changes help us to develop. To recognise changes we have coped with and benefitted from in the past and help prepare for changes to come.</p> <p><b>Cultural understanding opportunity:</b> Learning about Martin Luther King and Rosa Parks – what they did to help bring about well needed change?</p>
Additional	Respect	<p><b>Intent:</b> Learning that manners are important in building relationships and showing respect; that we need to look after resources in order to respect our environment.</p> <p><b>Cultural understanding opportunity:</b> Developing an understanding of polite social expectations across cultures (No matter where you are in the world, politeness is expected). Learning key words associated with good manners, in different languages.</p>
Additional	Halloween	<p><b>Intent:</b> Understanding what Halloween is and why it is celebrated. Comparing the celebration to Mexico's Day of the Dead celebration. Learning that some things scare us for fun but some things really scare us. Learning what to do when you are frightened. Also learning that death is permanent and people and pets cannot come back when they have died but we can keep their memory alive in our hearts.</p> <p><b>Cultural Understanding opportunity:</b> Learning about the Mexican celebration - 'The Day of the Dead' or 'Día de los Muertos' – and how Mexican people celebrate it. Learning how the celebration is centred around remembering loved ones past in order to keep their memory alive. Mexican people believe that as long as people are remembered, their souls are still alive.</p>
Additional	Friendship	<p><b>Intent:</b> To learn that a healthy friendship is reciprocal and following the ethos that the only way to have a friend is to be a friend. Also to spot the signs that somebody might not be being a good friend to you and it is OK to walk away from that situation.</p> <p><b>Cultural understanding opportunity:</b> Friends are important worldwide. 'We all smile in the same language'. The rules of reciprocal friendship transcend all cultures.</p>
Additional	Time	<p><b>Intent:</b> Learning to tell the time to a developmental stage level, learning what seconds and minutes feel like, comparing seconds, minutes, hours, days, weeks, months, years, decades, centuries and milleniums, learning about what different times of the day mean to different people, learning why we have night and day</p>