

Curriculum Overview • KS1 • SEMH

Our SEMH curriculum follows a cyclical pattern with over-arching themes revisited each year, and with the key elements of Relationships, Identity, Emotions, Wellbeing, Communication and Community covered each term.

Children come to us as individual beings, with unique circumstances that have impacted their lives and therefore their emotional development. Consequently, we do not assume that a child's age would determine their emotional literacy. The cyclical nature of our curriculum ensures that children can access the lessons at the stage they require as lessons are based around discussions and creative expression thereby enabling them to work at the appropriate level and the outcomes will be dependent on what the children and group together bring to the lesson. At the same time there is development within each cycle to ensure progression.

We recognise that as well as children receiving bespoke individual therapy sessions and therapeutic activities within the curriculum, some children will, at times, require specific psycho-educational programmes addressing themes such as social skills, negative thought patterns, anxiety, self-esteem and these will be provided either individually or in groups by skilled staff.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Understanding Ourselves & Others Exploring feelings, developing emotional literacy, coping strategies developing self-esteem, recognising differences	Understanding Our Brains Introduction to neuroscience of brain, the Fight/Flight/ Freeze response, impact of experiences on brain development	Personal Power Building a positive self-esteem, personality traits, appreciating strengths in self and others and building resilience and kindness. Recognising mistakes are how we learn	Choices and Responsibilities Increasing awareness of choice and control over how we think and feel, knowing what makes us feel good, recognising body signals to inform choices	Collaboration and Teamwork Exploring individual circles of support, building acceptance of others, tolerating mistakes in shared games and activities. Encouraging others.	Growth and The Future Evaluation of changes over the year. Recognising things to be proud of. Setting short term goals, scaling success.
	Understanding Ourselves & Others Emotional literacy, coping strategies developing self-esteem, celebrating differences	Understanding Our Brains neuroscience of brain development, parts of the brain, how they work together. Mindfulness programme	Personal Power Building a positive self-esteem, recognising different personalities, increasing confidence and strengths, recognising unhelpful behaviours, building kindness and gratitude	Choices and Responsibilities Using body signals to inform choices, exploring thoughts, feelings and behaviours connections, controlling our inner voice	Collaboration and Teamwork Comparing team versus individual pros and cons and when required. Recognising unhelpful behaviours in team work. Developing co-operation skills.	Growth and The Future Evaluating changes and progress. Considering aspirations, drawing strength from others and developing Solution Focused approach.
	Understanding Ourselves & Others Extending emotional literacy, considering relationships, developing positive self-esteem, exploring diversity and tolerance of difference	Understanding Our Brains How brain evolution affects our thoughts and behaviours, acceptance and commitment teaching (ACT), identifying signs of struggling, kindness & gratitude	Personal Power Empowering self to succeed, acknowledging negative influences in life and how to manage them. Journaling and developing observer perspective	Choices and Responsibilities Using a CBT model to explore choices, different viewpoints, developing a solution focused approach to change	Collaboration and Teamwork Exploring group dynamics, the roles within a group, skills that can be utilised, the masks we wear. Using empathy to increase team output	Growth and The Future Developing aspirations, goal setting and developing personal management strategies to achieve success

Curriculum Overview • KS2 • SEMH

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Understanding Ourselves & Others Exploring feelings, developing emotional literacy, coping strategies developing self-esteem, recognising differences	Understanding Our Brains Introduction to neuroscience of brain, the Fight/Flight/Freeze response, impact of experiences on brain development	Personal Power Building a positive self-esteem, personality traits, appreciating strengths in self and others and building resilience and kindness. Recognising mistakes are how we learn	Choices and Responsibilities Increasing awareness of choice and control over how we think and feel, knowing what makes us feel good, recognising body signals to inform choices	Collaboration and Teamwork Exploring individual circles of support, building acceptance of others, tolerating mistakes in shared games and activities. Encouraging others.	Growth and The Future Evaluation of changes over the year. Recognising things to be proud of. Setting short term goals, scaling success.
	Understanding Ourselves & Others Emotional literacy, coping strategies developing self-esteem, celebrating differences	Understanding Our Brains neuroscience of brain development, parts of the brain, how they work together. Mindfulness programme	Personal Power Building a positive self-esteem, recognising different personalities, increasing confidence and strengths, recognising unhelpful behaviours, building kindness and gratitude	Choices and Responsibilities Using body signals to inform choices, exploring thoughts, feelings and behaviours connections, controlling our inner voice	Collaboration and Teamwork Comparing team versus individual pros and cons and when required. Recognising unhelpful behaviours in team work. Developing co-operation skills.	Growth and The Future Evaluating changes and progress. Considering aspirations, drawing strength from others and developing Solution Focused approach.
	Understanding Ourselves & Others Extending emotional literacy, considering relationships, developing positive self-esteem, exploring diversity and tolerance of difference	Understanding Our Brains How brain evolution affects our thoughts and behaviours, acceptance and commitment teaching (ACT), identifying signs of struggling, kindness & gratitude	Personal Power Empowering self to succeed, acknowledging negative influences in life and how to manage them. Journaling and developing observer perspective	Choices and Responsibilities Using a CBT model to explore choices, different viewpoints, developing a solution focused approach to change	Collaboration and Teamwork Exploring group dynamics, the roles within a group, skills that can be utilised, the masks we wear. Using empathy to increase team output	Growth and The Future Developing aspirations, goal setting and developing personal management strategies to achieve success

Curriculum Overview • KS3 • SEMH

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Understanding Ourselves & Others Exploring feelings, developing emotional literacy, coping strategies developing self-esteem, recognising differences	Understanding Our Brains Introduction to neuroscience of brain, the Fight/Flight/Freeze response, impact of experiences on brain development	Personal Power Building a positive self-esteem, personality traits, appreciating strengths in self and others and building resilience and kindness. Recognising mistakes are how we learn	Choices and Responsibilities Increasing awareness of choice and control over how we think and feel, knowing what makes us feel good, recognising body signals to inform choices	Collaboration and Teamwork Exploring individual circles of support, building acceptance of others, tolerating mistakes in shared games and activities. Encouraging others.	Growth and The Future Evaluation of changes over the year. Recognising things to be proud of. Setting short term goals, scaling success.
	Understanding Ourselves & Others Emotional literacy, coping strategies developing self-esteem, celebrating differences	Understanding Our Brains neuroscience of brain development, parts of the brain, how they work together. Mindfulness programme	Personal Power Building a positive self-esteem, recognising different personalities, increasing confidence and strengths, recognising unhelpful behaviours, building kindness and gratitude	Choices and Responsibilities Using body signals to inform choices, exploring thoughts, feelings and behaviours connections, controlling our inner voice	Collaboration and Teamwork Comparing team versus individual pros and cons and when required. Recognising unhelpful behaviours in team work. Developing co-operation skills.	Growth and The Future Evaluating changes and progress. Considering aspirations, drawing strength from others and developing Solution Focused approach.
	Understanding Ourselves & Others Extending emotional literacy, considering relationships, developing positive self-esteem, exploring diversity and tolerance of difference	Understanding Our Brains How brain evolution affects our thoughts and behaviours, acceptance and commitment teaching (ACT), identifying signs of struggling, kindness & gratitude	Personal Power Empowering self to succeed, acknowledging negative influences in life and how to manage them. Journaling and developing observer perspective	Choices and Responsibilities Using a CBT model to explore choices, different viewpoints, developing a solution focused approach to change	Collaboration and Teamwork Exploring group dynamics, the roles within a group, skills that can be utilised, the masks we wear. Using empathy to increase team output	Growth and The Future Developing aspirations, goal setting and developing personal management strategies to achieve success