



Curriculum overview for parents and carers

Wellbeing

Summary of key Wellbeing learning for Reception to Year 6.

Kapow Primary's Wellbeing subject

In 2008 the Government Office for Science published the findings of their Foresight Mental Capital and Wellbeing Project (2008) which 'considered the factors that influence an individual's mental development and wellbeing' (Final project report, Executive summary). As a result, they came up with the following suggestions for individual action to improve wellbeing, known as the 'Five ways to wellbeing': Connect, Be active, Take notice, Keep learning and Give.

Kapow Primary's Wellbeing curriculum is based upon these and features five, repeated areas of focus which pupils explore each year.

Discover

Learning to try something new and how to cope with the emotions that new experiences bring.

Take notice

Learning to pay attention to the present and be more aware of what is going on around them and within them.

Connect

Learning how to develop existing friendships, understanding the importance of others' thoughts and feelings and building new relationships.

Give

Learning to give and be kind while thinking of others and appreciating the gift of giving.

Move

Learning about the importance of being physically active and different ways of doing so.



	Discover	Take notice	Connect	Give	Move
EYFS: Reception	Trying something new	My surroundings	Similarities and differences	Kind words	Being animals
Year 1	Making mistakes	Sound	Understanding others	Sharing	Gardening
Year 2	Perseverance	Colour expression	Compliments	Generosity	Nature walk
Year 3	Practice makes progress	Making a difference	Shared interests	Appreciation	Motion detection
Year 4	Resilience	My thoughts	Pen pals	Giving to my community	Making a beat
Year 5	Growth mindset	Others around me	Working together	Pay it forward	Adaptive sports
Year 6	Goal setting	Myself	Community	Apologising	Brain breaks