

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic / Area of study	<ul style="list-style-type: none"> <li>• Discovering me</li> <li>• What is Emotional Literacy?</li> <li>• It's Okay Being Me</li> <li>• Getting Real – Setting goals</li> <li>• Groundings – What they are</li> </ul>	<ul style="list-style-type: none"> <li>• Positive Qualities</li> <li>• Perceptions – Don't Judge a book by its Cover.</li> <li>• Visualisation: Power of the Mind</li> <li>• My Talents</li> <li>• My Habits</li> <li>• My Fears</li> </ul>	<ul style="list-style-type: none"> <li>• Listening and Sharing</li> <li>• Five years From Now</li> <li>• Communication: Body Language</li> <li>• Reading Faces</li> <li>• Mask and Mask Presentations</li> </ul>	<ul style="list-style-type: none"> <li>• Defences and Common feelings</li> <li>• Managing Emotions</li> <li>• Going Towards Emotions</li> <li>• Responsibility and Coded Messages</li> <li>• Empathy and Understanding</li> </ul>	<ul style="list-style-type: none"> <li>• Interruptions I</li> <li>• Interruptions II</li> <li>• Are you with us? - Listening</li> <li>• Resolving Problems</li> <li>• Making it Work- Our Story</li> </ul>	<ul style="list-style-type: none"> <li>• Visualisation: We Belong</li> <li>• Revisiting Goals</li> <li>• Learning From our Mistakes</li> <li>• Stories and the Real World</li> <li>• Good Days,</li> <li>• Bad Days</li> </ul>
Key learning aims – knowledge and skills	<ul style="list-style-type: none"> <li>• Understanding what Emotional Literacy is</li> <li>• Understanding that who they are now is okay</li> <li>• Understanding where they want to be and why.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand what in their daily life may contribute to holding them back and how they can change that.</li> <li>• Learn that people aren't as different from each other as they may think they are; broaden their thoughts on other people and cultures;</li> </ul>	<ul style="list-style-type: none"> <li>• Looking towards and understanding that there is a positive future ahead and that their goals are achievable.</li> <li>• Building upon knowledge of themselves and their bodies.</li> <li>• Learning about the importance of body language in social situations</li> </ul>	<ul style="list-style-type: none"> <li>• Improving Social skills through considering what empathy is how they can use it.</li> <li>• Learning how emotions help us manage our behaviour.</li> </ul>	<ul style="list-style-type: none"> <li>• Learning about social cues</li> <li>• Understanding frustration and how to overcome it.</li> <li>• Learning the skill of listening</li> </ul>	<ul style="list-style-type: none"> <li>• Deepen and reinforce the understanding of their goals and how their new skills can help them achieve them.</li> <li>• Understand how their new skills can help them post school.</li> </ul>

