

YEAR N	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>SEALS theme</b>	<b>New Beginnings</b> I can recognise my own feelings. I know what I am good at.	<b>Getting On and Falling out / No to bullying</b> I can play with others, share, and talk about feelings.	<b>Going for Goals</b> I can try new things when learning and think about what I could do and what I will be able to do.	<b>Good to be Me</b> I can show when I am excited or happy. I can make choices about likes and dislikes. I can stay still and quiet for a short time.	<b>Relationships</b> I can talk about missing someone and I understand who loves me. I know who I care about.	<b>Changes</b> I can tell you how I have changed since I was a baby. I know what I can do that I couldn't do. I sometimes express how change makes me feel.
<b>Sex &amp; Relationships</b>	<b>Family Networks</b> I am starting to learn that families and friends care for each other.  <b>Learning Outcomes:</b> Discuss family members and friends and the roles that they play.  Discuss who they can talk to at home and at school if they are upset (including if someone we trust might be making us feel sad)		<b>Body Awareness</b> I can start to think about my body- what it is capable of and how it is unique.  <b>Learning Outcomes</b> To consider the ways they have changed physically since they were born. To begin to recognise the proper names for the external parts of the body (i.e. arm, leg, shoulder, foot, etc.)		<b>Hygiene</b> I am starting to understand why hygiene is important.  <b>Learning Outcomes</b> Begin to explain why it is important to keep clean. Discuss some basic hygiene routines. Discuss when they can look after themselves (e.g. dressing and undressing) and when they might need help (e.g. bathing).	
<b>Drugs &amp; Alcohol</b>	I understand that actions usually have outcomes.  I can start to think that too much of anything can be dangerous (i.e. eating too much of a certain food, or drinking too much of a certain drink).		I am able to say: -My name is... -I'm feeling... -Please help me with... -No thank you -That's enough -Stop		I am able to say sorry and make friends again.  I can tell someone in sequence something that has happened.	