

THE COOMBES CE PRIMARY SCHOOL CURRICULUM MAP WELLBEING @ THE COOMBES

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Playfulness and Outdoor Play	Creativity	Emotional Awareness and Self-Regulation	Understanding your brain Two Brains are Better than One: Integrating the Left and Right Brain.	Growth Mindset Fixed vs. Growth Mindset	Cognitive Behavioural Therapy – Thoughts and Feelings	Healthy Coping Skills / Toolbox
Sensory and Heuristic Play	Unrushing and Stillness	The Five Steps of Self-Regulation	Understanding your brain Building the Staircase of the Mind: Integrating the Upstairs and Downstairs Brain. Wellbeing Task	Growth Mindset Change your Mindset!	Cognitive Behavioural Therapy – Actions and Problem Solving	Resilience and coping with change SMART MOVES
Relaxation – Breathing and Movement (body control)	Breathing Relaxation Techniques (Create Glitter Sensory Bottles)	Creating a Breathing Stick	Adventuring Together	Having a Laugh!	Contemplative Walk	Relaxation Techniques

‘A Love of Learning Grows Here’