## Resilience Curicis Inco

**Hearts and Minds Curriculum 2025/26** 

Incorporates: Equality and Diversity, RSE, safeguarding, anti-bullying, mental wellbeing, British Values and PSHE \*Health Education, School Values and PSHE along with the above are covered in whole school assemblies\*

Colour Codes						
<u>PSHE</u>						
<b>Equality and</b>						
<u>Diversity</u>						
<u>RSE</u>						
<b>Safeguarding</b>						
Road Safety						
<u>Online</u>						
<u>safety</u>						

							iety		
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6		
		This year's equality	y and diversity focus is on differ	ent cultures, beliefs and religior	ns in the UK				
TERM 1									
TERM ONE 1.9.25	Settling In Rules & Routines	No bystander pledge							
8.9.25 Democracy	No Outsiders Hello, Hello Behaviour & Reward Systems School Values	School Council – vote (2) KS1 – Why do we vote? Why is voting important?	School Council – vote (2) KS1 – Why do we vote? Why is voting important?	School Council – vote (2) KS2 - How does the voting process work? What is democracy – link to parliament	School Council – vote (2) KS2 - How does the voting process work? What is democracy – link to parliament	School Council – vote (2) KS2 - How does the voting process work? What is democracy – link to parliament	School Council – vote (4) KS2 - How does the voting process work? What is democracy – link to parliament		
15.9.25 School Values	Self-Regulation To identify different feelings and emotions	Fairness – relate to our school value: penguins What does fair look like? How can we be fair? Is our school a fair place? What could make it even more fair? (School council to discuss class discussions in their weekly meeting)	Fairness – relate to our school value: penguins What does fair look like? How can we be fair? Is our school a fair place? What could make it even more fair? (School council to discuss class discussions in their weekly meeting)	Fairness – relate to our school value: penguins What does fair look like? How can we be fair? Is our school a fair place? What could make it even more fair? (School council to discuss class discussions in their weekly meeting)	Fairness – relate to our school value: penguins What does fair look like? How can we be fair? Is our school a fair place? What could make it even more fair? (School council to discuss class discussions in their weekly meeting)	Fairness – relate to our school value: penguins What does fair look like? How can we be fair? Is our school a fair place? What could make it even more fair? (School council to discuss class discussions in their weekly meeting)	Fairness – relate to our school value: penguins What does fair look like? How can we be fair? Is our school a fair place? What could make it even more fair? (School council to discuss class discussions in their weekly meeting)		
15.9.25 Online Safety	Self-Regulation To identify & express my feelings	Self-Image and Identity (First Lesson)							
22.9.25 PSHE - Happy Minds	Self-Regulation  To consider the reasons behind our emotions  To explore different coping strategies to help regulate our emotions	Meet Your Brain							
29.9.25 School Values	Self-Regulation To explore different ways of describing our feelings	Teamwork- relate to our school value: dolphin What does teamwork look like? How can we be a team? (School council to discuss class discussions in their weekly meeting)	Teamwork- relate to our school value: dolphin What does teamwork look like? How can we be a team? (School council to discuss class discussions in their weekly meeting)	Teamwork— relate to our school value: dolphin What does teamwork look like? How can we be a team? (School council to discuss class discussions in their weekly meeting)	Teamwork- relate to our school value: dolphin What does teamwork look like? How can we be a team? (School council to discuss class discussions in their weekly meeting)	Teamwork- relate to our school value: dolphin What does teamwork look like? How can we be a team? (School council to discuss class discussions in their weekly meeting)	Teamwork- relate to our school value: dolphin What does teamwork look like? How can we be a team? (School council to discuss class discussions in their weekly meeting)		
29.9.25 Online Safety		Online Relationships (First Lesson)							
6.10.25 Equality and Diversity Stonewall and Show racism the red card	Self-Regulation To explore different facial expressions and what they mean	Different Families	Different Families	The Words We Use	Make a Group.	Exploring Identity	Role Models		

13.10.25	Self-Regulation	Meet Your Brain	Meet Your Brain				
PSHE - Happy Minds	To begin to understand how to moderate behavior socially & emotionally						
20.10.25 School Values	No Bystander Pledge Building Relationships To talk about our families To understand that all families are valuable and special	Curiosity - relate to our school value: meerkat What does curiosity look like? How can we be curious? (School council to discuss class discussions in their	Curiosity - relate to our school value: meerkat What does curiosity look like? How can we be curious? (School council to discuss class discussions in their	Curiosity - relate to our school value: meerkat What does curiosity look like? How can we be curious? (School council to discuss class discussions in their	Curiosity - relate to our school value: meerkat What does curiosity look like? How can we be curious? (School council to discuss class discussions in their	Curiosity - relate to our school value: meerkat What does curiosity look like? How can we be curious? (School council to discuss class discussions in their	Curiosity - relate to our school value: meerkat What does curiosity look like? How can we be curious (School council to discuss class discussions in their
		weekly meeting)	weekly meeting)				
20.10.25 Online Safety	Staying Safe on the Internet What is the internet? Why should I ask an adult before using the internet? What do I do if something strange pops up? What if someone tries to talk to me? Screen Time	Online Reputation (First Lesson)	Online Reputation (First Lesson)	Online Reputation (First Lesson)	Online Reputation (First Lesson)	Online Reputation	Online Reputation
Half Term							
3.11.25 Equality and Diversity No Outsiders	No Outsiders The Family Book by Todd Parr	I Like the Way I Am Elmer by David Mckee	To Welcome Different People Can I join your club by John Kelly	To Understand What Discrimination Means This is our house by Michael Rosen	To Help Someone Accept Difference Along came a different by Tom McLaughlin	To Consider Consequences Kenny lives with Erica and Martina by Olly Pike	To Consider Responses to Immigration King of the sky by Nicola Davis
10.11.25 PSHE - Happy Minds	Building Relationships  Talk about people who are special to us  Understand what it means to be a valued person	Meet Your Brain	Meet Your Brain				
17.11.25 School Values	Building Relationships To understand why it is important to share and co-operate with others To develop strategies to help share with others	Resilience- relate to our school value: turtle What does resilience look like? How can we be resilience? (School council to discuss class discussions in their weekly meeting)	Resilience– relate to our school value: turtle What does resilience look like? How can we be resilience? (School council to discuss class discussions in their weekly meeting)	Resilience- relate to our school value: turtle What does resilience look like? How can we be resilience? (School council to discuss class discussions in their weekly meeting)	Resilience- relate to our school value: turtle What does resilience look like? How can we be resilience? (School council to discuss class discussions in their weekly meeting)	Resilience – relate to our school value: turtle What does resilience look like? How can we be resilience? (School council to discuss class discussions in their weekly meeting)	Resilience– relate to our school value: turtle What does resilience look like? How can we be resilience? (School council to discuss class discussions in their weekly meeting)
17.11.25 Online Safety		Online Bullying (First Lesson)	Online Bullying (First Lesson)				
24.11.25	Building Relationships	Meet Your Brain	Meet Your Brain				
PSHE - Happy Minds	To see myself as a valuable individual.  To understand that it is ok to like different things						
1.12.25	Talk PANTS	Talk PANTS	Talk PANTS	Talk PANTS	Talk PANTS	Talk PANTS	Talk PANTS
Safeguarding	'Pants are Private'	'Pants are Private'	'Pants are Private'	'Pants are Private'	'Pants are Private'	'Pants are Private'	'Pants are Private'
8.12.25	Building Relationships	Celebrate	Celebrate	Celebrate	Celebrate	Celebrate	Celebrate
DSHE - Hanny Minds	To explore diversity through	İ	İ	i .	į	i .	

To Have Self-Confidence

How to be a lion by Ed Vere

To Understand What a

We're all wonders by R. J.

Bystander Is

Palacio

To Choose When to be

Dogs don't do ballet by Anna

Assertive

Kemp

To Justify My Actions

Rose Blanche by Ian McEwan

To Consider Language and

The only way is Badger by

Freedom of Speech

Stella J Jones

PSHE - Happy Minds

Equality and Diversity

15.12.25

No Outsiders

To explore diversity through similarities and differences

To Join In

Stanton

Going to the volcano by Andy

**No Outsiders** 

You Choose

Christmas								
1.26 Ifeguarding	Stranger Danger – remind of the whistle policy Managing Self To understand why we have rules	Stranger Danger – remind of the whistle policy	Stranger Danger – remind of the whistle policy	Stranger Danger – remind of the whistle policy	Stranger Danger – remind of the whistle policy	Stranger Danger – remind of the whistle policy	Stranger Danger – remind of the whistle policy	
2.1.26 SHE - Happy Minds	Managing Self Understand the importance of persistence Develop confidence in own abilities	Celebrate	Celebrate	Celebrate	Celebrate	Celebrate	Celebrate	
9.1.26 nline Safety	Digiduck's Famous Friend Keeping personal information safe online	Managing Online Information (First Lesson)	Managing Online Information (First Lesson)	Managing Online Information (First Lesson)	Managing Online Information (First Lesson)	Managing Online Information (First Lesson)	Managing Online Information (First Lesson)	(F
5.1.26 SHE - Happy Minds	Managing Self  To work together to overcome challenges  To communicate effectively	Celebrate	Celebrate	Celebrate	Celebrate	Celebrate	Celebrate	
.2.26 quality and Diversity o Outsiders	No Outsiders Red Rockets & Rainbow Jelly	To Find Ways to Play Together Want to play trucks? By Ann Stott	To Understand What Diversity Is The great big book of families by Mary Hoffman	To Be Welcoming Beegu by Alexis Deacon	To Be Proud of Who I Am Red: A crayon's story by Michael Hall	TO Consider Responses to Racist Behaviour Mixed by Arree Chung	To Overcome Fears about Difference Leaf by Sandra Dieckmann	
.2.26 SHE - Happy Minds	Managing Self To learn and practice 'grounding' coping strategies	Appreciate	Appreciate	Appreciate	Appreciate	Appreciate	Appreciate	
lalf Term								
3.2.26 GHE - Happy Minds	Self-Regulation  To understand why it is important to listen carefully	Appreciate	Appreciate	Appreciate	Appreciate	Appreciate	Appreciate	
3.26 oad Safety	Self-Regulation To listen attentively to retell parts of a familiar story	Road Safety	Road Safety	Road Safety	Road Safety	Road Safety	Road Safety	Ī
.3.26 nline Safety	Detective Digi duck  Not everything on the internet is true  Self-Regulation  To follow instructions involving several ideas or actions	Health, Well-Being and Lifestyle (First Lesson)	Health, Well-Being and Lifestyle (First Lesson)	Health, Well-Being and Lifestyle (First Lesson)	Health, Well-Being and Lifestyle (First Lesson)	Health, Well-Being and Lifestyle (First Lesson)	Health, Well-Being and Lifestyle (First Lesson)	
3.26 SHE - Happy Minds	Self-Regulation To give simple instructions	Appreciate	Appreciate	Appreciate	Appreciate	Appreciate	Appreciate	
6.3.26 quality and Diversity o Outsiders	No Outsiders  Mommy, Mama and Me by Leslea  Newman	Proud To Be Me Hair, it's a family affair by Mylo Freeman	To Think About What Makes a Good Friend Amazing by Steve Antony	To Recognise a Stereotype The truth about old people by Elina Ellis	To Find Common Ground Aalfred and Albert by Morag Hood	To Recognise When Someone Needs Help How to heal a broken wing by Bob Graham	To Consider Causes of Racism The island by Armin Greder	
3.3.26 hristopher Winter	Self-Regulation  To listen and respond to phrases and instructions involving many ideas / actions	Christopher Winter	Christopher Winter	Christopher Winter	Christopher Winter	Christopher Winter	Christopher Winter	
alf Term								
3.4.26 SHE - Happy Minds	Building Relationships To understand we all, have different beliefs and celebrate special times in different ways	Relate	Relate	Relate	Relate	Relate	Relate	
0.4.26 SHE - Happy Minds	Building Relationships To understand why sharing is important	Relate	Relate	Relate	Relate	Relate	Relate	
7.4.26 SHE - Happy Minds	Building Relationships To understand the characteristics that make a good friend	Relate	Relate	Relate	Relate	Relate	Relate	
7.4.26 Inline Safety	Digi duck and the Magic Castle Hidden risks in online games – pop us, peer pressure, purchases	Privacy and Security (First Lesson)	Privacy and Security (First Lesson)	Privacy and Security (First Lesson)	Privacy and Security (First Lesson)	Privacy and Security (First Lesson)	Privacy and Security (First Lesson)	

4.5.26 PSHE - Happy Minds	Building Relationships  To understand why it is important to support each other by being kind	Engage	Engage	Engage	Engage	Engage	Engage
11.5.26 Equality and Diversity No Outsiders	No Outsiders Blue Chameleon by Emily Gravett	I Share the World with Lot of People My world your world by Melanie Walsh	To Communicate in Different Ways What the jackdaw saw by Julia Donaldson	To Recognise and Help an Outsider The Hueys and the new jumper by Oliver Jeffries	To Look After My Mental Health When sadness comes to call by Eva Eland	To Explore Friendship The girls by Lauren Lee	To Show Acceptance Introducing Teddy – Jessica Walton
18.5.26 PSHE - Happy Minds	Building Relationships To learn how to help, listen and support others while working in a team	Engage	Engage	Engage	Engage	Engage	Engage
Half Term							
1.6.26 Christopher Winter	Managing Self To learn the importance of exercise and how it affects different parts of the body	Christopher Winter	Christopher Winter	Christopher Winter	Christopher Winter	Christopher Winter	Christopher Winter
8.6.26 PSHE - Happy Minds	Managing Self  To explore guided meditation to help my body stretch and relax	Engage	Engage	Engage	Engage	Engage	Engage
15.6.26 Equality and Diversity No Outsiders	Managing Self  To understand why it is important to take care of myself by completing tasks related to health and hygiene	To Work Together Errol's Garden by Gillian Hibbs	To Know I Belong All are welcome by Alexandra Penfold	To Consider Living in Britain Today Planet Omar: Accidental trouble magnet by Zanib Mian	To Show Acceptance Julian is a mermaid by Jessica Love	To Exchange Dialogue and Express an Opinion And tango makes three by Justin Richardson	TO Consider Democracy A day in the life of Marlon Bundo by Marlon Bundo
22.6.26 Christopher Winter	Road Safety To understand what it means to be a safe pedestrian	Christopher Winter	Christopher Winter	Christopher Winter	Christopher Winter	Christopher Winter	Christopher Winter
29.6.26 Road Safety	Managing Self  To understand the importance of healthy eating and a balanced diet	Road Safety	Road Safety	Road Safety	Road Safety	Road Safety	Road Safety
6.7.26 PSHE - Happy Minds	Transitions  Moving up to Year 1 – new adventures, worries	Engage	Engage	Engage	Engage	Engage	Engage
13.7.26 Online Safety	Digiduck's Big Decision Being kind on the internet	Copyright and Ownership (First Lesson)	Copyright and Ownership (First Lesson)	Copyright and Ownership (First Lesson)	Copyright and Ownership (First Lesson)	Copyright and Ownership (First Lesson)	Copyright and Ownership (First Lesson)