

Subject:	PSHCE	Year group:	7
Topic:	Wellbeing for Life	Sequence:	Term 1a
Prior learning: (What previous learning will the new learning in this unit build upon?)		Next learning: (What learning comes next and builds upon this unit?)	
Under the National Curriculum, students should have learned the following at KS2: - The range and scale of emotions - How to recognise feelings - How feelings can affect behaviour - Simple self-care techniques - How to seek support		The next unit is about healthy relationships (including friendships). This will explore the characteristics of positive and negative relationships, including how these can affect wellbeing.	
Learning objectives: (In chronological order)	Duration: (How long it usually takes to secure each learning objective)	Specific vocabulary: (Subject specific terms relating to each learning objective)	
To learn how to manage emotions when transitioning to a new key stage	A one-hour lesson	Wellbeing, transition, feelings, emotions, attention, thoughts, bodily sensations, absorbing activities, progressive muscle relaxation, trusted adult, support.	
To learn how developing positive thinking habits can support wellbeing	A one-hour lesson	Positive thinking, habit, negativity bias, fight, flight or freeze response, reappraisal, emotions, absorbing activities, wellbeing, trusted adult, support.	
To learn how to manage rumination and worry	A one-hour lesson	Rumination, worry, behaviour, emotions, reappraisal, wellbeing, trusted adult, support.	
To learn how to manage feelings of tension and stress	A one-hour lesson	Tension, stress, physical changes, emotions, feelings, wellbeing, trusted adult, support.	