



## Enhancing Education Life Skills Curriculum Overview 2021-2022

	<b>Theme</b>	<b>Nursery</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Autumn Term 1</b>	Self-regulation and Building resilience	Calming techniques and emotions	Emotions through exercise	Inside out and speaking out	Recognising with emotions	Dealing with emotions	Team work and problem solving	Confidence and Character	Competence, connections and contributions