



Devonshire Wellbeing Curriculum

Year 1. 3. 5

	Autumn	Spring	Summer
1	Me and my wonderful brain Parts of the brain Hippocampus	My Feelings Label feelings (inside and out)	My Happiness Appreciation
2	Me and my wonderful brain Prefrontal cortex Square Breathing	My Feelings What to do with your feelings	My Happiness Gratitude
3	Me and my wonderful brain Amygdala Hand Breathing	My Feelings Understanding feelings	My Happiness Brain Chemistry – understanding the role of dopamine
4	Me and my wonderful brain Neurons and neuron pathways Turtle Breathing	My Character What is character?	My Relationships Celebrating differences
5	Me and my wonderful brain Looking after your brain 478 Meditation	My Character Identifying your own character traits	My Relationships Understanding perspectives
6	Me and my wonderful brain Recap on all lessons 54321 calming technique	My Character Identifying character traits in others	My Relationships Recap learning

Year 2 and 4

	Autumn	Spring	Summer
1	Growth Mindset Your brain is like a muscle	My feelings Being brave and becoming resilient	
2	Growth Mindset The magic of mistakes	My feelings Understanding stress	
3	Growth Mindset The incredible power of yet	My feelings Managing difficult emotions	
4	Growth Mindset The mysterious world of neurons		
5	Growth Mindset Mojo puts it all together		
6	Growth Mindset Reflection of our language		

Year 6

	Autumn	Spring	Summer
1	B.R.E.A.T.H.E Breathing techniques – Amygdala Hijack	My feelings Being brave and becoming resilient	
2	B.R.E.A.T.H.E Relax – ways to relax	My feelings Understanding stress	
3	B.R.E.A.T.H.E Energy levels – your battery	My feelings Managing difficult emotions	
4	B.R.E.A.T.H.E Anti-stress- Your bucket		
5	B.R.E.A.T.H.E Talking to yourself – inner self talk		
6	B.R.E.A.T.H.E Help – people who can help me		
7	B.R.E.A.T.H.E Exercise – brain chemistry		