

Oswaldtwistle School **Emotional Literacy** Long Term Plan – Working Document used as an outline. Will be changed and adapted to meet the intervention needs of the groups.

Caring for Children	Topic/Learning Pathway	Key Words	Links to previous learning	Links to wider curriculum
AUTUMN	<p>All About Me: Self-Awareness</p> <ul style="list-style-type: none"> • Understanding Yourself • Self-esteem • Confidence 	<p>Self-awareness Ideal self Qualities Traits Achievements Feelings Trust</p>	<ul style="list-style-type: none"> • PSHE – Key Stage 1/2 – All About Me 	<ul style="list-style-type: none"> • Nurture Spring 1 – English, Biographies (KS3) • PSHE Autumn 1 - Proud to be me (KS3) • PSHE Autumn 1 - Essential life skills (KS3) • PSHE Autumn 1 - Essential life skills (KS3) • PSHE Autumn 2 - Puberty, body development (KS3) • PSHE Autumn 2 - Physical health and mental wellbeing (KS3) • PSHE Summer 2 – Identity, Relationships & Sex (KS3) • PSHE Autumn 2 – Mental & Wellbeing (KS4) • PSHE Autumn 1 – Your future and beyond (KS4) • Art – My Environment (KS3) • PSHE Summer 2 – Identity, Relationships & Sex (KS3)
SPRING	<p>Emotions: Self-awareness Self-management Social Awareness</p> <ul style="list-style-type: none"> • Who am I? • My Feelings • Understanding my Emotions 	<p>Self-awareness Self-management Social Awareness Ideal self Reaction</p>	<ul style="list-style-type: none"> • PSHE – Key Stage 1/2 – All About Me • PSHE – Key Stage 2 – Expressing Emotions 	<ul style="list-style-type: none"> • PSHE Autumn 1 - Managing change (KS3) • PSHE Autumn 1 - Proud to be me (KS3) • PSHE Autumn 1 - Essential life skills (KS3) • PSHE Autumn 2 - Puberty, body development (KS3)

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	<ul style="list-style-type: none"> • Connecting Emotions • Recognising Emotions 	<p>Motivation Emotions (list of various emotions)</p>		<ul style="list-style-type: none"> • PSHE Autumn 2 - Physical health and mental wellbeing (KS3) • PSHE Summer 2 – Identity, Relationships & Sex (KS3) • PSHE Autumn 2 – Mental & Wellbeing (KS4) • PSHE Autumn 1 – Your future and beyond (KS4) • Art – My Environment (KS3) • Forest Schools Spring 2 – Multiple Intelligences (KS3)
<p>Summer</p>	<p>Friends Self-awareness Social awareness Relationship Skills</p> <ul style="list-style-type: none"> • Finding things that they have in common • Respecting each other • Including others • Empathy • Why we need friends 	<p>Respect Include Imagine Apologise Social Awareness Relationship Skills Empathy Identity Differences Collaborative Communication Conflict Cooperation Neurotypical Neurodivergent Friendship Peers Relationship</p>	<ul style="list-style-type: none"> • As above • English – Diary Entries KS2 	<ul style="list-style-type: none"> • Art Autumn 1 – A Christmas Carol – Work Collaboratively (KS3) • PSHE Summer 2 – Identity, Relationships & Sex (KS3) • PSHE Summer 1 – Exploring relationships and sex education (KS4) • Nurture Autumn 1 – The Martian - Diary Entries (KS3) • Nurture Spring 1 – English, Biographies (KS3)