

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
<b>AUTUMN 1</b>	<b>Mindfulness &amp; Wellbeing:</b> <ul style="list-style-type: none"> <li>improve mental health &amp; wellbeing</li> <li>gain life skills that enable us to achieve our best possible health</li> <li>reduce the negative effects of stress</li> </ul>	Mindfulness Wellbeing Connect Be Active Keep Learning Give Take Notice Physical Emotional Social Spiritual Intellectual	<ul style="list-style-type: none"> <li>PSHE – Key Stage 1/2 – All About Me</li> <li>PSHE – Key Stage 2 – Expressing Emotions</li> </ul>	<ul style="list-style-type: none"> <li>Nurture Spring 1 – English, Biographies (KS3)</li> <li>PSHE Autumn 1 - Proud to be me (KS3)</li> <li>PSHE Autumn 1 - Essential life skills (KS3)</li> <li>PSHE Autumn 1 - Essential life skills (KS3)</li> <li>PSHE Autumn 2 - Puberty, body development (KS3)</li> <li>PSHE Autumn 2 - Physical health and mental wellbeing (KS3)</li> <li>PSHE Summer 2 – Identity, Relationships &amp; Sex (KS3)</li> <li>PSHE Autumn 2 – Mental &amp; Wellbeing (KS4)</li> <li>PSHE Autumn 1 – Your future and beyond (KS4)</li> <li>Art – My Environment (KS3)</li> <li>PSHE Summer 2 – Identity, Relationships &amp; Sex (KS3)</li> <li>Forest School</li> </ul>

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.

<p><b>Autumn 2</b></p>	<p><b>Introduction to Emotional Literacy:</b></p> <ul style="list-style-type: none"> <li>• Gain an understanding of a variety of emotions</li> <li>• Recognise different emotions, in themselves and in others</li> <li>• Be able to talk about own emotions and feelings</li> </ul>	<p>Emotions Feelings Understand Express Recognise Overwhelming Interaction Empathy Self-awareness Motivation Self-regulation Social Skills Decision-making Various Emotions</p>	<ul style="list-style-type: none"> <li>• PSHE – Key Stage 2 – Expressing Emotions</li> </ul>	<ul style="list-style-type: none"> <li>• PSHE Autumn 1 - Managing change (KS3)</li> <li>• PSHE Autumn 1 - Proud to be me (KS3)</li> <li>• PSHE Autumn 1 - Essential life skills (KS3)</li> <li>• PSHE Autumn 2 - Puberty, body development (KS3)</li> <li>• PSHE Autumn 2 - Physical health and mental wellbeing (KS3)</li> <li>• PSHE Summer 2 – Identity, Relationships &amp; Sex (KS3)</li> <li>• PSHE Autumn 2 – Mental &amp; Wellbeing (KS4)</li> <li>• PSHE Autumn 1 – Your future and beyond (KS4)</li> <li>• Art – My Environment (KS3)</li> <li>• Forest Schools Spring 2 – Multiple Intelligences (KS3)</li> <li>• Forest School</li> </ul>
<p><b>SPRING 1</b></p>	<p><b>Managing Anger:</b></p> <ul style="list-style-type: none"> <li>• To gain an understanding of what anger is</li> <li>• To recognise feelings of anger, in ourselves and in others</li> <li>• To learn healthy ways to express and deal with anger.</li> </ul>	<p>Anger Feelings Emotions Triggers Secondary emotion Effects Sensations Productive thoughts Expressing</p>	<ul style="list-style-type: none"> <li>• Emotional Literacy KS3 – Introduction to Emotional Literacy</li> <li>• PSHE – Key Stage 2 – Expressing Emotions</li> </ul>	<ul style="list-style-type: none"> <li>• PSHE Autumn 2 - Physical health and mental wellbeing (KS3)</li> <li>• PSHE Autumn 2 – Mental &amp; Wellbeing (KS4)</li> <li>• Forest School</li> </ul>

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.

<b>Spring 2</b>	<b>Anxiety and Worries:</b> <ul style="list-style-type: none"> <li>To gain an understanding of what anxiety is</li> <li>To recognise feelings of anxiety, in ourselves and others</li> <li>To be able to make a plan to manage our own anxieties and worries</li> </ul>	Anxiety Triggers Symptoms Sensations Stress Worry Fear apprehension Excessive Disorders	<ul style="list-style-type: none"> <li>Emotional Literacy KS3 – Introduction to Emotional Literacy</li> <li>PSHE – Key Stage 2 – Expressing Emotions</li> </ul>	<ul style="list-style-type: none"> <li>PSHE Autumn 2 - Physical health and mental wellbeing (KS3)</li> <li>PSHE Autumn 2 – Mental &amp; Wellbeing (KS4)</li> <li>Forest School</li> </ul>
<b>Summer 1</b>	<b>Resilience &amp; Self-Esteem</b> <ul style="list-style-type: none"> <li>To identify how our emotional responses and thinking habits can impact our resilience.</li> <li>To explore ways to build our resilience, enhance our wellbeing and prioritise our self-care.</li> </ul>	Resilience Self-esteem Communication Bounce-back Behaviour Response Wellbeing Capability Strengths Weaknesses Response	<ul style="list-style-type: none"> <li>PSHE – Key Stage 1/2 – All About Me</li> <li>PSHE – Key Stage 2 – Expressing Emotions</li> <li>Emotional Literacy KS3 – Introduction to Emotional Literacy</li> <li>PSHE – Key Stage 2 – Expressing Emotions</li> </ul>	<ul style="list-style-type: none"> <li>PSHE Autumn 1 - Proud to be me (KS3)</li> <li>PSHE Autumn 1 – Your future and beyond (KS4)</li> <li>PSHE Summer 2 – Identity, Relationships &amp; Sex (KS3)</li> <li>PSHE Autumn 2 - Physical health and mental wellbeing (KS3)</li> <li>PSHE Autumn 2 – Mental &amp; Wellbeing (KS4)</li> <li>Forest School</li> </ul>
<b>Summer</b>	<b>Friends</b> Self-awareness Social awareness Relationship Skills <ul style="list-style-type: none"> <li>Finding things that they have in common</li> <li>Respecting each other</li> <li>Including others</li> <li>Empathy</li> <li>Why we need friends</li> </ul>	Respect Include Imagine Apologise Social Awareness Relationship Skills Empathy Identity Differences Collaborative Communication Conflict Cooperation	<ul style="list-style-type: none"> <li>As above</li> <li>English – Diary Entries KS2</li> </ul>	<ul style="list-style-type: none"> <li>Art Autumn 1 – A Christmas Carol – Work Collaboratively (KS3)</li> <li>PSHE Summer 2 – Identity, Relationships &amp; Sex (KS3)</li> <li>PSHE Summer 1 – Exploring relationships and sex education (KS4)</li> <li>Nurture Autumn 1 – The Martian - Diary Entries (KS3)</li> <li>Nurture Spring 1 – English, Biographies (KS3)</li> </ul>

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.

		Neurotypical Neurodivergent Friendship Peers Relationship		
--	--	---	--	--