

Mental health and wellbeing: 2021-2022

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<p><u>Autumn Term 1 (8)</u></p> <p>Introduction to the Mindfulness Course /Group Cohesion focus</p> <p>Meditation</p> <p>Target-Setting</p> <p>Challenging Emotions</p> <p>Self-Compassion</p> <p>Gratitude</p> <p>Problems, Challenges, Opportunity</p> <p>Success & Failure</p>	<p><u>Spring Term 1 (6)</u></p> <p>Meditation</p> <p>Depression</p> <p>Escapism</p> <p>Loneliness</p> <p>Positive Communication</p> <p>Non-Judgment</p>	<p><u>Summer Term 1 (5)/ Outdoor activities</u></p> <p>Mediation</p> <p>Respecting & Valuing Life</p> <p>Mindful Food Habits</p> <p>Integrity</p> <p>Pollution & Climate Change</p> <p>May be taught outside/ through gardening/growing/cooking/</p>	
<p><u>Autumn Term 2 (8)</u></p> <p>Meditation</p> <p>Role Models</p> <p>Purpose</p> <p>Concentration</p> <p>Balance</p> <p>Rest & Sleep</p> <p>Valuing Relationships</p> <p>Bad Habits</p>	<p><u>Spring Term 2 (6)</u></p> <p>Meditation</p> <p>Personal Space</p> <p>Dealing with Conflict</p> <p>Death & Grief</p> <p>Forgiveness & Letting Go</p> <p>Making Choices</p>	<p><u>Summer Term 2 (8)/Outdoor Activities</u></p> <p>Meditation</p> <p>Acts of Kindness</p> <p>Community / Giving</p> <p>Love</p> <p>Circles Cause & Effect</p> <p>Self-Control</p> <p>Celebration</p> <p>May be taught outside/ through gardening/growing/cooking/</p>	