

Term 4		
Anxiety Cognitive Behaviour Therapy and Transition		
	Week	Learning Objective
<b>Year 1</b>	1	I understand that I have feelings
	2	I can name some of my feelings
	3	I can experience calm time
	4	I know that there are places that are more calm than other
	5	I can recognise when I am calm
	6	I can practice some breathing exercises
<b>Year 2</b>	1	Lesson 1: I understand that everyone has feelings
	2	Lesson 2: It helps to talk
	3	Lesson 3: Using our Senses
	4	Lesson 4: Nero the Superhero!
	5	Lesson 5: We can beat this!
	6	Lesson 6: Sleep rest and play
<b>Year 3</b>	1	I can link facial expressions to behaviour and feelings
	2	I can use calming strategies in the classroom and outside at playtime.
	3	I can demonstrate ways that I calm myself using strategies I learnt last year.
	4	I can use role play to practice how to tell someone how I am feeling
	5	I can help some feel better when they are worried
	6	I can learn and practice new ways to calm myself when I feel anxious
<b>Year 4</b>	1	Lesson 1: Our emotions
	2	Lesson 2: How anxiety feels in our bodies
	3	Lesson 3: The Worry Bucket
	4	Lesson 4: It's good to talk
	5	Lesson 5: The Worry Monster
	6	
<b>Year 5</b>	1	Lesson 6: Our internal best friend
	2	Lesson 7: Coming to our senses
	3	Lesson 8: Healthy bodies and minds
	4	Lesson 9: The importance of sleep
	5	Lesson 11: Parent and child lesson – the importance of sleep
	5	Lesson 10: Review the learning
	6	Police Drugs Workshop
<b>Year 6 (Anxiety in schools term 6)  Taken from Healthy me Jigsaw</b>	1	Anxiety and Transition Lesson 1: The first day of school (Term 6)
	2	Anxiety and Transition Lesson 2: Moving up to the big school! (Term 6)
	3	I am motivated to give my body the best combination of food for my physical and emotional health. (Jigsaw 1)
	4	I am motivated to find ways to be happy and cope with life's situations without using drugs (Jigsaw 2)
	5	I can tell you how I feel about using alcohol when I am older and my reasons for this (Jigsaw 3)
	6	I know how to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen (Jigsaw 4)
	7	I can use different strategies to manage stress and pressure (Jigsaw 6)