

Appendix A

EYFS

Term	DfE requirements	SEAL Programme of Study
AUTUMN 1	Relationships Education - Respectful Relationships	<ul style="list-style-type: none"> - I know the people in my class and that I belong to my class - I like belonging to my class and I know that people in my class like me. - I like the way that we are all different and can tell you something special about me. - I can tell if I am happy, sad, angry or scared and can let people know how I am feeling. - I know that it is ok to have any kind of feeling but it is not ok to hurt others - I know that everybody has feelings - I can share in a group, taking turns and join in with others play - I can be kind and welcoming to new people and visitors - I know the class rules and expectations of behaviour.
AUTUMN 2 Developing social skills of friendship, working well with others, managing anger and resolving conflict	Relationships Education - Caring Friendships	<ul style="list-style-type: none"> - I know how to be friendly and can say I am sorry if I have been unkind - I can share toys, take turns in the classroom, wait for my turn to speak, ask for help when I am stuck - I can express my feelings when I am angry and make myself feel better if I am sad - I can make-up with others if I have fallen out with a friend and can think of ways to sort out things if I disagree with someone - I can tell when others are feeling angry
SPRING 1 Develop motivation and self - awareness	Mental Health and Well being	<ul style="list-style-type: none"> - I know that I can do more things now than I could when I was younger - I know that I will be able to do more things when I am older - I know that we are all good at different things and I can tell you what I like doing - I can tell you what I am planning on doing to achieve my goals - i can focus my attention and work hard to achieve my goal - I can tell you what I have done and what worked well.
SPRING 2	Relationship Education	<ul style="list-style-type: none"> - I can tell you when I am feeling proud, what I like doing and what I don't like doing

Managing feelings and empathy	- Being Safe	<ul style="list-style-type: none"> - I can tell you when I am feeling excited and I can talk about this - I can say what I need and can stand up for my own rights without hurting others - I can relax and stay calm
SUMMER 1 Understanding relationships	Relationship education - Families and people who care for me	<ul style="list-style-type: none"> - I can tell you when things are unfair and how it feels - I can tell you how I feel if I am missing someone or have lost something that I care about - I can talk about how I can feel better when I am feeling sad or missing someone - I can recognise when others are feeling sad, happy or angry - I know some ways that I can make things fair
SUMMER 2 Managing change and associated feelings	Mental Health and Well being	<ul style="list-style-type: none"> - I can tell you how I have changed and what I can now do that I couldn't do at the start of the year - I can sometimes tell you how change makes me feel - I know that if I am feeling bad it helps to do something different - I know that sometimes when people are not very nice to me it is because they don't feel very good inside
Themed weeks and assemblies	<ul style="list-style-type: none"> - Mental Health and well being - E-safety - Anti bullying - Eco/Fairtrade - Being healthy 	<ul style="list-style-type: none"> - I know that I can take steps to regulate and that I can identify my emotions - I know that people can feel different emotions inside - I know how to be safe online and how to get help - I know that bullying is wrong, that there are different types and how I can get help - I know how to change my behaviour for the good of the community - I know that there are steps that I can take to have a healthy lifestyle and to protect myself from some kinds of harm.

Term	DfE requirements	SEAL Programme of Study
AUTUMN 1 Developing empathy and self awareness		<ul style="list-style-type: none"> - I know that I belong to a community and that I feel safe and content within my class - I can tell you how I am the same as and different from my friends - I know different ways to calm myself down when I am feeling angry, scared or upset - I can sometimes tell if others are feeling sad, angry or scared - I can think of some ways to solve problems that can happen in my class. - I know what I have to do myself to make the classroom and school a safe and fair place for everyone. - I know and follow playground and class rules. - I know that I can include everyone, even those who are not my friends.
AUTUMN 2 Developing empathy and self awareness		<ul style="list-style-type: none"> - I can tell you what being a good friend means to me and I can listen well to other people - I know that people don't always see things in the same way - I can work well in a group with others who are not necessarily my friends - I know when I am starting to feel angry, and what happens on the inside and the outside of my body when I start to get angry - I know how to calm myself down and how to get help - I know how to make up with my friends if we have had a falling out and can use peaceful problem solving.
SPRING 1 Developing motivation and self awareness		<ul style="list-style-type: none"> - I know that we learn in different ways - I can plan a goal and decide how I want to achieve it, breaking it down into small steps - I can think of different ideas and solutions to problems that might arise - I can choose between my ideas and give reasons for each one
SPRING 2 Managing feelings and empathy		<ul style="list-style-type: none"> - I can tell you about my gifts and talents and tell you about something that makes me feel proud - I know when I learn best and I can tell you what I have learnt - I can tell you the things that I am good at and the things that I find more difficult - I can tell you some of the things that make me feel anxious and can use more words to express my feelings - I can explain some things that help me to stop worrying - I know how to stand up for myself

SUMMER 1 Relationships		<ul style="list-style-type: none"> - I know the people who are important to me and can tell when I am cared for - I understand that being unkind and hurting someone doesn't make me feel better - I can think of things to make me feel better if I feel hurt - I can make myself feel better without hurting others - I can share people I care about - I understand that people can make choices about friends
SUMMER 2 Managing Change		<ul style="list-style-type: none"> - I know what it means when something is not your choice - I can tell you about changes that I can make happen and that I can make changes quickly and easily although some changes are hard and can take a long time.
Themed weeks and assemblies	<ul style="list-style-type: none"> - Mental Health and well being - E-safety - Anti bullying - Eco/Fairtrade - Healthy eating 	<ul style="list-style-type: none"> - I know that mental wellbeing is a normal part of daily life, in the same way as physical health - I know simple self-care techniques, including the importance of rest, time spent with friends and family - I know that there are different uses of technology and there are age restrictions for safety reasons - I know that bullying is wrong and can have lasting effects on others and must be stopped - I know how to change my behaviour for the good of the community and that I can have a voice through school council. - I know that there are steps that I can take to have a healthy lifestyle both physically and mentally

Kitta Bet

Term	DfE requirements	SEAL Programme of Study
AUTUMN 1		- I feel good about the ways that we are similar and different in the class and I feel good about my

Developing empathy and self awareness		<p>strengths</p> <ul style="list-style-type: none"> - I can recognise when others have different emotions and I know how to make people feel better - I can help to make my class a good, positive and safe place to learn
AUTUMN 2 Developing empathy and self awareness		<ul style="list-style-type: none"> - I can make others feel good by giving compliments and know what to say when I receive one. - I can see things from someone else's point of view - I can make decisions as a group about how best to work together and can reflect on this - I know that sometimes anger can build up and that it can become overwhelming. - I can use my ability to see things from another point of view to make a conflict situation better.
SPRING 1 Developing motivation and self awareness		<ul style="list-style-type: none"> - i can tell you some of my strengths as a learner - I can resist distractions and work for the satisfaction of finishing a task - I can overcome feelings of boredom and frustration - I can tell you why I have been successful, what has gone wrong and why, what went well with my plan and what I might do differently next time
SPRING 2 Managing feelings and empathy		<ul style="list-style-type: none"> - I can tell you when I am being impulsive and when I am thinking or planning things - I can recognise when I am proud of myself and why and help others to feel proud of themselves - I can change my behaviour if I stop and think about what I am doing - I can tell when it is right to stand up for myself
SUMMER 1 Relationships		<ul style="list-style-type: none"> - I can tell when I love or care for someone and they love and care for me - I can tell when I am feeling jealous and I know that this is not a positive emotion to have - I recognise when I am feeling proud of my friends and why - I can talk about my feelings when I am feeling lonely, or when I have something that is important to me to share
SUMMER 2 Managing Change		<ul style="list-style-type: none"> - I can tell you about how I have changed, what changes are natural and happen by themselves - I can plan to overcome obstacles that might come in my way and can talk about this plan
Themed weeks and assemblies	<ul style="list-style-type: none"> - Mental Health and well being - E-safety 	<ul style="list-style-type: none"> - I know that there is a normal range of emotions and that we may experience them all in different levels at different times in life - I know where and how to get support for myself or my friends

	<ul style="list-style-type: none"> - Anti bullying - Eco/Fairtrade - Healthy eating -School Nurse.... 	<ul style="list-style-type: none"> - I know where to get help for things that happen online. - I know that bullying is wrong and can take different forms, can have lasting effects on others and must be stopped - I know how to change my behaviour for the good of the community and that I can have a voice through school council. - I know that there are steps that I can take to have a healthy lifestyle both physically and mentally
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Kitta Gimmel

Term	DfE requirements	SEAL Programme of Study
AUTUMN 1 Developing empathy and self awareness		<ul style="list-style-type: none"> - I know that I am valued at school and know how to make others feel valued in the school - I know that I feel a range of emotions and can recognise these in others - I can manage my feelings and can usually calm myself down if necessary - I understand my rights and responsibilities in school.

		- I understand why there are different rules in different places.
AUTUMN 2 Developing empathy and self awareness		- I know how to look and sound friendly, be a good listener, give and receive compliments, see things from different points of view - I know what my anger triggers are, how bodies change when we start to get angry and why it is important to calm down before anger overwhelms.
SPRING 1 Developing motivation and self awareness		- I know that I am responsible for my own learning and behaviour - I can break down a goal into a number of steps and wait for the result - I know how others can help me to achieve my goals and how I can help others - I know when to keep trying and when to try something else - I understand that some thoughts help me to reach my goals and some are a barrier - I can recognise when I have reached my goal or been successful with my learning
SPRING 2 Managing feelings and empathy		- I know about myself, how I learn and I can extend my learning - I can tell you what surprised feels like, if I like being surprised or if I like things being the same - I can explain what being hopeful and disappointed mean - I can think about my worries and decide what I might do about them and I can tell when I should share a worry - I know that most people have worries and I can stop and think before I act - I know how to be assertive.
SUMMER 1 Relationships		- I take responsibility for my behaviour - I can say when I might feel guilty - I understand how I might hurt others - I can tell you how I can make someone happy and ways to make amends if I have done something unkind. - I know how to make choices and take responsibility for the choices that I make
SUMMER 2 Managing Change		- I know that change can be really good and can tell you about some changes that have made our lives much better. I know that everybody goes through many different sorts of changes all of the time. I can tell you about some of the things that have changed in my life and how I feel about them. - I know that even changes that we want to happen can sometimes feel uncomfortable - I can understand sometimes, why other people are behaving as they are when they are finding

		change difficult - I know some ways of dealing with the feelings that can arise from change.
Themed weeks and assemblies	<ul style="list-style-type: none"> - Mental Health and well being - E-safety - Anti bullying - Eco/Fairtrade - Healthy eating 	-

Kitta Daled

Term	DfE requirements	SEAL Programme of Study
AUTUMN 1 Developing empathy and self awareness		<ul style="list-style-type: none"> - I know what it feels like to be new to a group and how to ensure others are not made to feel unwelcome - I can predict how I am going to feel in a new situation or meeting new people - I know how it feels to do or start something new and some ways to cope with these feelings - I can help to make a class charter

<p>AUTUMN 2 Developing empathy and self awareness</p>		<ul style="list-style-type: none"> - I can tell you many ways to identify positive friends in others - I can take on different roles in a group and contribute equally in those roles respectfully - I can use peaceful problem solving techniques to sort out difficulties, trying to find a 'win-win' solution.
<p>SPRING 1 Developing motivation and self awareness</p>		<ul style="list-style-type: none"> - I can use my strengths as a learner and am aware of how my feelings can influence my learning - I can foresee obstacles and plan to overcome them when setting my goals. - I recognise when learning is difficult and when I need to persevere. - I can manage my frustrations by using a number of strategies and I can tell you how I keep going. - I can identify advantages and disadvantages of the goals I set for myself and can make a choice about what to do based on my predictions of the likely consequences - I accept responsibility for my actions and learning when the outcomes are positive and negative.
<p>SPRING 2 Managing feelings and empathy</p>		<ul style="list-style-type: none"> - I recognise when I find something difficult and so something about it or cope with how that makes me feel - I understand why we sometimes fight or run away when we feel frightened or threatened - I know why it is sometimes important to stop and think when we feel angry or upset - I can use strategies to help me cope with feelings of disappointment, hopelessness - I can choose when to show or hide my feelings and can tell if I have hidden my feelings. - I can choose to act assertively and can express myself assertively in a variety of ways.
<p>SUMMER 1 Relationships</p>		<ul style="list-style-type: none"> - I can tell you things that hurt my feelings - I know when I feel guilty and use this when I make a choice - I know ways to celebrate those we care about and can tell you about people I no longer see but that I remember with care
<p>SUMMER 2 Managing Change</p>		<ul style="list-style-type: none"> - I know that what we feel and think affects what we do. I can tell you why I behave as I do when I am finding change difficult - I can tell you how I would feel if a change that didn't want to happen to me was imposed on me - I know some reasons why change can be uncomfortable and scary - I can tell you about a plan that I have made to change something about my behaviour - I can tell you how important it is for everyone to feel as if they belong to a group

Themed weeks and assemblies	<ul style="list-style-type: none"> - Mental Health and well being - E-safety - Anti bullying - Eco/Fairtrade - Healthy eating 	
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Kitta Heh

Term	DfE requirements	SEAL Programme of Study
AUTUMN 1 Developing empathy and self awareness		<ul style="list-style-type: none"> - I have worked with and talked to everyone in my class - I have some strategies to cope with uncomfortable feelings and can calm myself down if necessary - I work well in a group and can tell you what helps my group to work well together - I understand the need for rules in society and why we have the rules that we have in school
AUTUMN 2 Developing empathy and		<ul style="list-style-type: none"> - I know that my relationships are all different and that different ways of behaving are appropriate to the different relationships - I can accept and appreciate people's friendships and try not to demand more that they are able

self awareness		<p>it wish to give</p> <ul style="list-style-type: none"> - I can see situations from other's perspectives - I can tell you what a good leader should do and when I am in a group I can tell people if I agree or disagree with them and why - I can tell you things that I or other people sometimes do in or say in conflict situations that usually make things worse.
SPRING 1 Developing motivation and self awareness		<ul style="list-style-type: none"> - I know the skills and attributes of an effective learner, and can try to develop these skills. - I know what some of the people in my class like or admire about me. - I can set my self long term goals, breaking them down into smaller steps in terms of personal behaviour. - I can tell you what I need to learn next and can be a critical friend to myself and to others.
SPRING 2 Managing feelings and empathy		<ul style="list-style-type: none"> - I can tell the difference between showing I am proud and boasting, knowing that boasting can generate feelings in others. - I can explain how I am feeling even if I have mixed feelings. - I understand that sometimes the feeling part of my brain takes over and I might make mistakes. - I can understand how my strong feelings might build up and how I might be overwhelmed by my feelings, and can then use calming strategies.
SUMMER 1 Relationships		<ul style="list-style-type: none"> - I can think about what embarrasses me and can learn more about myself than before - I can tell you when I felt embarrassed and know what to do to not make that feeling worse. - I can use some strategies to manage my feelings and can choose when to share my feelings.
SUMMER 2 Managing Change		<ul style="list-style-type: none"> - I can understand how it might feel when a change takes you away from familiar people and places. - I am aware that I have a 'spark point' and recognise when I might over-react and that I might behave in a certain way when I am feeling uncomfortable. - I know that it is natural to be wary of change and can tell you why. - I know that all feelings, including uncomfortable ones have a purpose and give us information.
Themed weeks and assemblies	<ul style="list-style-type: none"> - Mental Health and well being - E-safety - Anti bullying 	

	- Eco/Fairtrade - Healthy eating	
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Kitta Vav

Term	DfE requirements	SEAL Programme of Study
AUTUMN 1 Developing empathy and self awareness		<ul style="list-style-type: none"> - I know how others may be feeling when they are in an unfamiliar situation and can help them to feel valued and welcomed. - I can explain how to go about solving a problem and can give you an example of a problem that I have solved. - If I don't agree with something in school I know how to go about trying to change things.
AUTUMN 2 Developing empathy and self awareness		<ul style="list-style-type: none"> - I know that sometimes, differences can be a barrier to friendship. - I try to recognise when or other people are pre-judging people and I make an effort to overcome my own assumptions. - I understand how it feels to be excluded or treated badly because of being different in some way. - I can consider the short and long term consequences of my behaviour in order to make a wise choice, even when I am feeling angry and I know that I am responsible for the choices I make

		<p>and the way that I behave.</p> <ul style="list-style-type: none"> - I know how my behaviour is linked to my thoughts and feelings and can try to stop and get an accurate picture before I act. - I can say and do things to make difficult situations better, using my problem solving skills to peacefully help others to resolve conflict.
<p>SPRING 1 Developing motivation and self awareness</p>		<ul style="list-style-type: none"> - I can recognise when I am using an excuse instead of finding a way around the problem. - I can recognise and celebrate my own achievements - I know that if at first I don't succeed it is worth trying again - I can consider the consequences of possible solutions for reaching my goal for myself, others and the school community.
<p>SPRING 2 Managing feelings and empathy</p>		<ul style="list-style-type: none"> - I can use some strategies to help me when I am feeling unsure. - I can feel positive even when things are going wrong - I can avoid situations that are likely to hurt my feelings or make me angry - I can recognise when I am feeling worried and can do something about my worries. - I know when and how to stop before I act. - I can disagree with someone without falling out with them and can cope when others might disagree with me. - I can listen to others, stand up for myself and make my own choice. - I can understand that the majority view is not always the right view and that I do not have to succumb to peer pressure. - I can make my own judgement about whether to take risk.
<p>SUMMER 1 Relationships</p>		<ul style="list-style-type: none"> - I have helped someone to feel good about themselves. - I understand that there are different emotions when people leave or move away and that different people show their feelings in different ways. - I can change friends with others without hurting feelings and take care to not do that. - I can recognise stereotyping, try to challenge stereotyping in myself and others. - I can support others who are unhappy and can forgive others. - I can understand that change might bring about changing friendships and this might be good opportunity. - I can use peaceful problem solving skills to support myself and others through emotional situations.

<p>SUMMER 2 Managing Change</p>		<ul style="list-style-type: none"> - I can try to understand why people might behave the way that they do when they are facing difficult changes and challenges - I know that people might have mixed feelings about moving schools and I can try to understand how they might be feeling or thinking even if it is different to myself. - I know that when I move to secondary school some things will stay the same and some will be different and that people might behave in different ways. - I know that sometimes there can be positive outcomes from changes that we didn't welcome initially. - I know how change can interfere with our feelings of belonging and can make us feel insecure and unconfident.
<p>Themed weeks and assemblies</p>	<ul style="list-style-type: none"> - Mental Health and well being - E-safety - Anti bullying - Eco/Fairtrade - Healthy eating 	