



Preston Grange Primary School

Whole School THRIVE overview

	Autumn term focus	Spring term focus	Summer term focus
Reception	5 ways to wellbeing Be active, give, connect, notice, learning	Amazing Me Differences / what makes me special / looking in the mirror – making a 'me'	Self-awareness and building on Spring term – strategies to cope
Year 1	5 ways to wellbeing	I am Peace – looking closely at feelings and finding your anchor – how to steady yourself	Self-awareness and building on Spring term – strategies to cope
Year 2	5 ways to wellbeing	Inside Out – The islands of Me – understanding how different emotions feel	Self-awareness and building on Spring term – strategies to cope
Year 3	5 ways to wellbeing	Self-awareness emotions and that all emotions are OK	Self-awareness and building on Spring term – strategies to cope
Year 4	5 ways to wellbeing	Self-awareness emotions and that all emotions are OK	Self-awareness and building on Spring term – strategies to cope
Year 5	5 ways to wellbeing	The Grand Hotel of Feelings – Self-awareness emotions and that all emotions are OK	Self-awareness and building on Spring term – strategies to cope
Year 6	Ambassadors supporting 5 ways	-Self-awareness emotions and that all emotions are OK	Self-awareness and building on Spring term – strategies to cope