

Alma Primary – Wellbeing For The Classroom Framework

We use this framework from the 'Heads Up Kids' programme for supporting the development of emotional wellbeing throughout Key Stage 2. The Framework has been developed in partnership with Norwood and PaJeS.



	Programme Themes			Programme Structure	
	Being a Community	How we work together	Our thoughts and feelings	Timeframe	No. of sessions
YEAR 3 (Stage 1)	Developing the connections we have with each other and our sense of being a team.	Developing our skills for friendship and communication.	Developing emotional literacy, problem solving skills and creating a shared emotional language in the classroom	January to July	8 weekly 1 hour sessions Followed by up to 9 consolidation sessions (recommended every 2-4 weeks)
YEAR 4 (Stage 2)	Conceptualising the idea of community and moving on to how we build and develop our community.	Developing ideas about working collaboratively and how we manage the 'everyday ups and downs' of our friendships	Practising the idea of choosing how we think about a situation and continuing to find ways to express ourselves.	October to July	10 half-hour sessions for teachers to choose from (recommended every 2-4 weeks) 3 additional recap sessions provided
YEAR 5 (Stage 3)	Understanding how kindness and gratitude deepen our sense of community and how we feel in a group.	Exploring the skills we need to sustain positive relationships.	Practising how we press pause to stop and think before we react. Understanding more about feelings and our responses.	October to July	9 45-minute sessions in total, three sessions per term delivered weekly.
YEAR 6 (Stage 4)	Contributing to our community, looking out for others and beginning to be responsible.	Understanding changing relationships, exploring the roles we play in groups and managing challenging friendships.	Considering what mental health is and how we can practise good mental health especially at time of transition and change.	March & June/July	2 30-minute sessions in spring term and 4 45-minute sessions at the end of the year.