



Curriculum Overview • KS3 • SEMH

Our SEMH curriculum follows a cyclical pattern with over-arching themes revisited each year, and with the key elements of Relationships, Resilience, Identity, Emotions, Wellbeing, Communication and Community covered each term.

Young people come to us as individual beings, with unique circumstances that have impacted their lives and therefore their emotional development. Consequently, we do not assume that a child's age would determine their emotional literacy. The cyclical nature of our curriculum ensures that young people can access the lessons at the stage they require as lessons are based around discussions and creative expression thereby enabling them to work at the appropriate level and the outcomes will be dependent on what they as individuals and group together bring to the lesson. At the same time there is development within each cycle to ensure progression.

We recognise that as well as receiving bespoke individual therapy sessions and therapeutic activities within the curriculum, some young people will, at times, require specific psycho educational programmes addressing themes such as social skills, negative thought patterns, anxiety, self-esteem and these will be provided either individually or in groups by skilled staff.

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| <p>Understanding Ourselves & Others</p> <p>Exploring feelings, developing emotional literacy, coping strategies developing self-esteem, recognising differences.</p> | <p>Understanding Our Brains</p> <p>Introduction to neuroscience of brain, the Fight/Flight/ Freeze response, impact of experiences on brain development.</p> | <p>Personal Power</p> <p>Building a positive self esteem, personality traits, appreciating strengths in self and others and building resilience and kindness. Recognising mistakes are how we learn.</p> | <p>Choices and Responsibilities</p> <p>Increasing awareness of choice and control over how we think and feel, knowing what makes us feel good, recognising body signals to inform choices.</p> | <p>Collaboration and Teamwork</p> <p>Exploring individual circles of support, building acceptance of others, tolerating mistakes in shared games and activities, Encouraging others.</p> | <p>Growth and The Future</p> <p>Evaluation of changes over the year. Recognising things to be proud of. Setting short term goals, scaling success.</p> |
| <p>Understanding Ourselves & Others</p> <p>Emotional literacy, coping strategies developing self esteem, celebrating differences.</p> | <p>Understanding Our Brains</p> <p>Neuroscience of brain development, parts of the brain, how they work together. Mindfulness programme.</p> | <p>Personal Power</p> <p>Building a positive self esteem, recognising different personalities, increasing confidence and strengths, recognising unhelpful behaviours, building kindness and gratitude.</p> | <p>Choices and Responsibilities</p> <p>Using body signals to inform choices, exploring thoughts, feelings and behaviours connections, controlling our inner voice.</p> | <p>Collaboration and Teamwork</p> <p>Comparing team versus individual pros and cons and when required. Recognising unhelpful behaviours in team work. Developing cooperation skills.</p> | <p>Growth and The Future</p> <p>Evaluating changes and progress. Considering aspirations, drawing strength from others and developing a solution focused approach.</p> |
| <p>Understanding Ourselves & Others</p> <p>Extending emotional literacy, considering relationships, developing positive self-esteem, exploring diversity and tolerance of difference.</p> | <p>Understanding Our Brains</p> <p>How brain evolution affects our thoughts and behaviours, acceptance and commitment teaching (ACT), identifying signs of struggling, kindness & gratitude.</p> | <p>Personal Power</p> <p>Empowering self to succeed, acknowledging negative influences in life and how to manage them. Journaling and developing an observer perspective.</p> | <p>Choices and Responsibilities</p> <p>Using a CBT model to explore choices, different viewpoints, developing a solution focused approach to change.</p> | <p>Collaboration and Teamwork</p> <p>Exploring group dynamics, the roles within a group, skills that can be utilised, the masks we wear. Using empathy to increase team output.</p> | <p>Growth and The Future</p> <p>Developing aspirations, goal setting and developing personal management strategies to achieve success.</p> |