

## Rise Weaving Wellbeing Curriculum 2021/22 - KS3-4

Books: Weaving Wellbeing Books

Websites: [www.vimeo.com/channels/wwb](http://www.vimeo.com/channels/wwb)

	Year 7 Positive Emotions	Year 8 Resilience	Year 9 Positive Relationships	Year 10 Revision & relearn	Year 11
Aut 1	WW Return to school lesson L1 What is Wellbeing L2 Positive Emotions	WW Return to school lesson L1 Why do we need resilience L2 Jigsaw of Perspective	WW Return to school lesson L1 The importance of Positive relationship L2 Respect	WW Return to school lesson	WW Return to school lesson Revision & Relearn of the tools
Aut 2	L3 Positive emotion potion L4 Attitude of gratitude L5 Feel-good-flow	L3 Lucky Dip of distraction L4 Planning Pen (Problem Focused Planning) L5 Helpful thinking helmet (Cognitive reframing)	L3 Empathy L4 Look for win- wins L5 Active Listening		Resilience tools W4W Text
Spr 1	L6 Random acts of kindness L7 Rainbow moments L8 Healthy body, happy mind	L6 Key of Character Strength L 7-9 Mindfulness Switch	L6 Try to forgive L7 Interest in others L8 No more snap judgements		
Spr 2	L9 Positive emotion potion- Mix and Enjoy L10 Review	L 10 N.A.B.B L6 Belief 5- I can choose to focus on the positive.	L9 Give, give, give L10 Taking all the steps		

		L7 Belief 6- I can accept that I am ok just as I am	L9 Belief 8- My actions are powerful.		
		L8 Belief 7- I can make a difference.	L10 Charging up my batteries- Empowering Beliefs in action.		
Sum 1	L3 Belief 2- My effort is as important as my ability. L4 Belief3- I can recognise thinking traps L5 Belief4- I can act 'as if'. Text	Text	Text		
Sum 2	Text	Text	Text	Text	Text

\*The text highlight in blue are lessons from the Empowering Beliefs book.

Text= Reading a suggested book/books from the Suggested Literature of that topic. You will find it in your Teacher Resource Book.

Standard practice in every lesson:

- Mini mindfulness session.
- Self-check - Where are you on the Wellbeing scale for this week?
- Visiting the 4 rooms of Wellbeing- Anything planned for this week? Encouraging.
- Sharing the 30-day weekly positivity challenge and checking in on any completed activity.