

	Focus	Assembly focuses
Autumn 1	Being Me in My World	Help others to feel welcome Worries and what to do with them Rights and responsibilities at school/ rewards and consequences Mindfulness The feelings of others (empathy) Teamwork
Autumn 2	Celebrating Differences	How are we similar and different? How are we similar and different? What is bullying? Gender stereotypes Making friends Person focus
Spring 1	Dreams and Goals	Following your dreams - person focus Resilience (mindfulness) Teamwork Facing challenges Perseverance - never giving up Achieving a goal - person focus
Spring 2	Healthy Me	Eating healthy Brushing my teeth Keeping clean Going to the doctors Road safety Person focus - athlete
Summer 2	Relationships	Keeping calm/self-control (mindfulness) Different families Making friends Body boundaries and consent People who help me (in school) Believing in yourself
Summer 2	Changing Me (Transition)	Feeling overwhelmed (mindfulness) Growing up Body boundaries and consent Dealing with change Starting somewhere new