








Wellbeing Overview 2024-2026

	Autumn 1 DISCOVER	Autumn 2 TAKE NOTICE	Spring 1 CONNECT	Spring 2 GIVE	Summer 1 MOVE	Summer 2
Reception 	Try something new	My surroundings	Similarities and differences	Kind words	Being animals	Repeat any sessions if needed and use the Wellbeing story books in school.
KS1 	Making mistakes	Sound	Understanding others	Sharing	Gardening	Repeat any sessions if needed and use the Wellbeing story books in school.
Cycle A						
KS1 	Perseverance	Colour expression	Compliments	Generosity	Nature Walk	Repeat any sessions if needed and use the Wellbeing story books in school.
Cycle B						
LKS2 	Practice makes progress	Making a difference	Shared interests	Appreciation	Motion detection	Repeat any sessions if needed and use the Wellbeing story books in school.
Cycle A						
LKS2 	Resilience	My thoughts	Pen pals	Giving to my community	Making a beat	Repeat any sessions if needed and use the Wellbeing story books in school.
Cycle B						



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If you look on the Kapow long term plan, page 8 it has hyperlinks to each unit. Please use these to support your wellbeing assembly/session on a Wednesday.