



Juniper Hill School – Life Skills Curriculum Topic Overview

Topic: Believe in Yourself / Hope and Optimism (Juniper Hill School’s own topic - link to kindness, enjoyment and achievement)

We copy the behaviours and actions of others more than we realise. If children grow up without making their own choices, they will end up leading the lives of other people. We need to teach children to find out what matters to them. To make their own choices. To be proud to be who they are. If children can maintain a feeling of hope, even the most persistent difficulties will not affect their futures. Feeling hope means that children can see ahead to a time when it won’t feel this bad. If children learn optimism and hope at a young age it will become a way to look at and experience life.

Objective (Pupils should know by the end of Year 6)	EYFS	Year 1 / Year 2	Year 3 / Year 4	Year 5 / Year 6
Lesson 1 Standing in Your Own Power! (Bullying, Being Mean and Rude)	I know how important it is to include everyone at school and be kind.	I know how important it is to stand up to bullying behaviour. I know how important it is to treat people with kindness.	I know that bullying behaviour won’t endear me into a group. I know that using fear and intimidation isn’t the right way to behave. I know it’s important to stand up to bullying.	I know that we should value people for who they are, not in spite of their differences but because of them. I know we should be kind to others and stand up to any bullying we witness. I know that the impact of bullying lasts a lifetime on the victim.
Lesson 2 Making Your Own Decisions (Peer Pressure)	I know that it’s important to be me, to make my own choices. I don’t have to be like everyone else and change the way I am.	I know that it’s important to be me, to make my own choices. I don’t have to be like everyone else and change the way I am.	I know how important it is to be me and make my own decisions. I don’t have to change the way I look or act to be accepted by others.	I know how important it is to be me and make my own decisions. I don’t have to change the way I look or act to be accepted by others. I know what Peer Pressure is. I know how Peer Pressure can negatively affect my life. I also know that Peer Pressure can be positive and help me



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Lesson 3 Learning how to be Optimistic. (The Power of being an Optimist)	I know that being optimistic is important. It will help me be confident and positive about life.	I know that being optimistic is important. It will help me be confident and positive about life.	I know that being optimistic is important. If I am optimistic I am more resilient and less likely to give up when I face a challenge. If I am optimistic I am more like to feel confident and positive about life.	I know that optimism is a habit of mind. If I learn to be optimistic I will be more resilient, less likely to give up when I face a challenge and not take things personally. Being optimistic will help me to feel confident and positive about life.
Lesson 4 Enjoying Simple Pleasures. (Finding Joy in the simple things)	I can know that I can find joy in things that make me happy.	I know that I can find joy in things that make me happy. I can find joy in nature and the world around me. I need to remember to stop, look and appreciate.	I know the importance of having joy in my life. I can find joy in the simplest things. I know that nature is a great place to find joy. As I grow up I need to remember to stop, look and appreciate the world around me.	I know the importance of having joy in my life. I can find joy in the simplest things. I know that nature is a great place to find joy. As I grow up I need to remember to stop, look and appreciate the world around me.



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Lesson 5 I am Enough (Accepting Yourself)	I know that I'm good enough. I'm happy and proud to be who I am.	I know that I'm good enough. I'm happy and proud to be who I am. I know that it's important to accept myself for who I am!	I know how important it is to accept who I am, even if others around me don't accept me. I must always remember to recognise that I am enough. If I embrace who I am, believe in myself, I can be the best I can be.	I know how important it is to accept who I am. To recognise that I am enough. If I embrace who I am, believe in myself and recognise my limitations I can be the best I can be. I know I must always believe in myself.
Lesson 6 Hope – focus on the positives	I know that being hopeful makes me feel good.	I know that being hopeful makes me feel good.	I know that by having hope I am able to approach life with a positive mind-set. I know that if I'm hopeful I'm more like to achieve.	I know that by having hope I am able to approach life with a positive mind-set. I know that if I'm hopeful I'm more like to achieve.