



Juniper Hill School – Life Skills Curriculum Opportunities in Adversity

Topic: Opportunities in Adversity (Juniper Hill School’s own topic - link to school value of courage, independence)

The children will be taught about the ‘Alphabet of Resilience’. No one’s life goes according to plan! Everyone will experience adversity, some from a very young age. Children will be taught that experiencing adversity is ‘normal’ and to look for the opportunity’s adversity brings.

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 Divorce / Separation	<p>EYFS - I know there are different types of families.</p> <p>KS1 - I know there are different types of families. I know that sometimes Mum’s and Dad’s separate or divorce.</p>	<p>EYFS - I know there are different types of families.</p> <p>KS1 - I know there are different types of families. I know that sometimes Mum’s and Dad’s separate or divorce.</p>	I know that sometimes parents separate or divorce. I am learning that I can be strong and succeed in life if my family unit ever changes.	I know that sometimes parents separate or divorce. I am learning that I can be strong and succeed in life if my family unit ever changes.
Lesson 2 Moving House / Moving Schools	<p>I know that moving house is normal.</p> <p>I am learning that it can be unsettling but often brings new opportunities.</p>	<p>I know that moving house is normal.</p> <p>I am learning that it can be unsettling but often brings new opportunities.</p>	<p>I know that moving house is normal.</p> <p>I am learning that it can be unsettling but often brings new opportunities.</p> <p>I know it’s important to give myself time to get used to new situations, to try and look at life positively and embrace change.</p>	<p>I know that moving house is normal.</p> <p>I am learning that it can be unsettling but often brings new opportunities.</p> <p>I know it’s important to give myself time to get used to new situations, to try and look at life positively and embrace change.</p>



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Lesson 3 Sickness in the Family – Younger Carers	I know that it's normal for people to become sick. Sometimes people in my family will get better quickly sometimes it will take longer. I know that when someone in my family is sick, life for me may change a little, but I should always remain positive.	I know that it's normal for people to become sick. Sometimes people in my family will get better quickly sometimes it will take longer. I know that when someone in my family is sick, life for me may change a little, but I should always remain positive.	I know that it's normal for people to become sick. Sometimes people in my family will get better quickly sometimes it will take longer. I know that when someone in my family is sick life for me may change, but I should always remain positive.	I know that it's normal for people to become sick. Sometimes people in my family will get better quickly sometimes it will take longer. I know that when someone in my family is sick life for me may change, but I should always remain positive. I know that there are different types of sickness. We can be physically ill and mentally ill.
Lesson 4 Siblings Arrival of new brothers or sister. How children can feel jealous of their siblings.	I know that it's normal to feel jealous if I have a new baby at home. I know that my family still loves me just the same.	I know that it's normal to feel jealous if I have a new baby at home. I know that my family still loves me just the same.	I know it is normal to feel jealous of my siblings. I am learning strategies I can use to help me feel better when I feel life at home is unfair.	I know it is normal to feel jealous of my siblings. I am learning strategies I can use to help me feel better when I feel life at home is unfair.



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Lesson 5 Leaving Friends / Family. Moving On.	I know that it's hard to leave my friends when I move house, school or class.	I know that it's hard to leave my friends when I move house, school or class.	I know that change is part of life. I know that at some point I will have to leave my friends. I know that the impact of change on someone's life can sometimes be very significant.	I know that change is part of life. I know that at some point I will have to leave my friends. I know that the impact of change on someone's life can sometimes be very significant.