

Juniper Hill School – Life Skills Curriculum September 2026
Topic and Knowledge & Skills Overview Document

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	Year 2	Year 4
Lesson 1 Standing in Your Own Power! (Bullying, Being Mean and Rude)	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.
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 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.
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. 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 likely to feel confident and positive about life.
Lesson 4 Enjoying Simple Pleasures. (Finding Joy in the simple things)	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.

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		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.
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 it's important to accept myself or 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.
Lesson 6 Hope – focus on the positives	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.