

# Firs 5 Keys to Emotional Wellbeing

Week beginning	Whole school key theme of the week	Key Stage 1 specific focus	Key Stage 2 specific focus
02.09.19	Key 5 Connecting and Belonging	If you want to feel good do good.	Treat others as you want to be treated. To feel good, do good.
09.09.19	Key 2 Understanding life and it's rules	Never be afraid to ask for help.	Understand that rules have consequences that help you make smarter decisions.
16.09.19	Key 3 Planning for success	Aim high, imagine what your success looks like.	Aim high, dream and visualise your success.
23.09.19	Key 1 Emotional resilience	If you can't change it, change the way you think about it.	Accept that learning will cause anxiety, but still persevere.
30.09.19	Key 4 Respecting difference	Remember its ok to be different.	Remember everyone has the right to be
07.10.19	Key 5 Connecting and Belonging	Make friends with people who want the best for you.	Make friends with loyal people who want the best for you.
14.10.19	Key 2 Understanding life and it's rules	Be a leader not a follower.	Never be afraid to ask for help.
21.10.19	Key 3 Planning for success	See life as it is but focus on the good bits.	Be honest. Set realistic goals and know what makes you happy.
04.11.19	Key 1 Emotional resilience	Be active, relax, rest and repeat daily.	Remember to learn from your mistakes.
11.11.19	Key 4 Respecting difference	Know everyone has the right to have their voice heard including you.	Respect the rights of others to hold views different to your own.
18.11.19	Key 5 Connecting and Belonging	Always be good and show kindness to others.	Reflect on your day because there is more to life when we stop and notice.
25.11.19	Key 2 Understanding life and it's rules	Treat others as you would like to be treated.	Be sensitive to your own needs and consider the needs of others.
02.12.19	Key 3 Planning for success	Know your best is good enough.	Know your best is always good enough.
09.12.19	Key 1 Emotional resilience	Remember it's ok to make mistakes.	If you can't change something change the way you think about it.
16.12.19	Key 4 Respecting difference	Make friends with people who want the best for you.	Question to seek the truth in what you see and hear.
06.01.20	Key 5 Connecting and Belonging	If you want to feel good do good.	Aim to be someone people like to be with because of the example you set.
13.01.20	Key 2 Understanding life and it's rules	Never be afraid to ask for help.	Be a leader not a follower.
20.01.20	Key 3 Planning for success	Aim high, imagine what your success looks like.	Seek solutions, see life as it is but focus on the good bits.
27.01.20	Key 1 Emotional resilience	If you can't change it, change the way you think about it.	Believe you can succeed. Say I can't do it yet!
03.02.20	Key 4 Respecting difference	Remember its ok to be different.	If you hear opinions that worry you, tell an adult.
10.02.20	Key 5 Connecting and Belonging	Make friends with people who want the best for you.	Don't compare your insides with other people's outsides.
24.02.20	Key 2 Understanding life and it's rules	Be a leader not a follower.	Know that every day is a fresh start. It's never too late to start again.
02.03.20	Key 3 Planning for success	See life as it is but focus on the good bits.	Create routines that work for you and stick to them.
09.03.20	Key 1 Emotional resilience	Be active, relax, rest and repeat daily.	Be balanced and flexible and change what doesn't work for you.
16.03.20	Key 4 Respecting difference	Know everyone has the right to have their voice heard including you.	Connect with others, listen to their stories and appreciate differences.
23.03.20	Key 5 Connecting and Belonging	If you want to feel good do good.	Treat others as you want to be treated. To feel good, do good.
30.03.20	Key 2 Understanding life and it's rules	Treat others as you would like to be treated.	Understand that rules have consequences that help you make smarter decisions.
20.04.20	Key 3 Planning for success	Know your best is good enough.	Aim high, dream and visualise your success.
27.04.20	Key 1 Emotional resilience	Remember it's ok to make mistakes.	Accept that learning will cause anxiety, but still persevere.
04.05.20	Key 4 Respecting difference	Make friends with people who want the best for you.	Remember everyone has the right to be
11.05.20	Key 5 Connecting and Belonging	If you want to feel good do good.	Make friends with loyal people who want the best for you.
18.05.20	Key 2 Understanding life and it's rules	Never be afraid to ask for help.	Never be afraid to ask for help.
01.06.20	Key 3 Planning for success	Aim high, imagine what your success looks like.	Be honest. Set realistic goals and know what makes you happy.
08.06.20	Key 1 Emotional resilience	If you can't change it, change the way you think about it.	Remember to learn from your mistakes.
15.06.20	Key 4 Respecting difference	Remember its ok to be different.	Respect the rights of others to hold views different to your own.
22.06.20	Key 5 Connecting and Belonging	Make friends with people who want the best for you.	Reflect on your day because there is more to life when we stop and notice.
29.06.20	Key 2 Understanding life and it's rules	Be a leader not a follower.	Be sensitive to your own needs and consider the needs of others.
06.07.20	Key 3 Planning for success	See life as it is but focus on the good bits.	Know your best is always good enough.
13.07.20	Key 1 Emotional resilience	Be active, relax, rest and repeat daily.	If you can't change something change the way you think about it.



# Firs 5 Keys to Emotional Wellbeing

1

## Emotional resilience

- If you can't change it, change the way you think about it
- Be active, relax, rest repeat daily
- Remember it's ok to make mistakes



3

## Planning for success

- Aim high, imagine what your success looks like
- See life as it is but focus on the good bits
- Know your best is good enough



2

## Understanding life and its rules

- Never be afraid to ask for help
- Be a leader not a follower
- Treat others as you would like to be treated



4

## Respecting differences

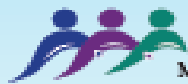
- Remember it's ok to be different
- Know everyone has the right to have their voice heard including you.



5

## Connecting and belonging

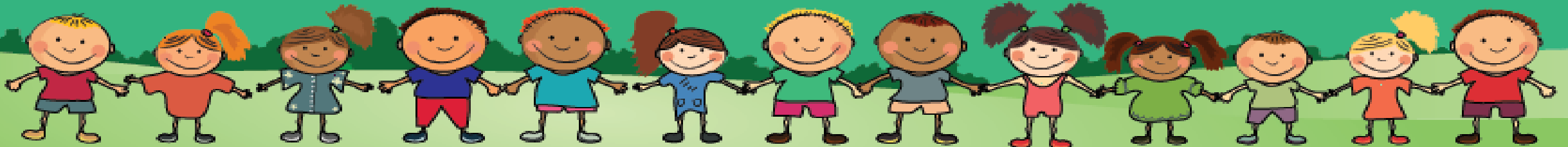
- If you want to feel good do good.
- Make friends with people who want the best for you
- Always be good and show kindness to others



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Routines build habits, habits become character, character becomes life long behaviours.





# Firs 5 Keys to Emotional Wellbeing

1

## Emotional resilience

- Accept that learning will cause anxiety, but still persevere.
- Remember to learn from your mistakes.
- If you can't change something change the way you think about it.
- Believe you can succeed. Say I can't do it.....yet!
- Be balanced and flexible and change what doesn't work for you.



3

## Planning for success

- Aim high, dream and visualise your success.
- Be honest. Set realistic goals and know what makes you happy.
- Know your best is always good enough.
- Seek solutions, see life as it is but focus on the good bits.
- Create routines that work for you and stick to them.



2

## Understanding life and its rules

- Understand that rules have consequences that help you make smarter decisions.
- Never be afraid to ask for help.
- Be sensitive to your own needs and consider the needs of others.
- Be a leader not a follower.
- Know that every day is a fresh start. It's never too late to start again.



4

## Respecting difference

- Remember everyone has the right to be listened to.
- Respect the rights of others to hold views different to your own.
- Question to seek the truth in what you see and hear.
- If you hear opinions that worry you, tell an adult.
- Connect with others, listen to their stories and appreciate differences.



5

## Connecting and belonging

- Treat others as you want to be treated. To feel good, do good.
- Make friends with loyal people who want the best for you both.
- Reflect on your day because there's more to life when we stop and notice.
- Aim to be someone people like to be with because of the good example you set.
- Don't compare your insides with other people's outsides.



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Routines build habits, habits become character, character becomes life long behaviours.

