

Our Curriculum Including the Kind Minds Curriculum

- ORANGE = CONCENTRATION
- PINK = KINDNESS AND CONNECTION
- BLUE = CALM
- GREEN = CREATE

Extra Activities	Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none"> - Letters and Sounds Phase 1 / Mathematics / Mark Making - Oral health - Boogie Mites - Yoga - Language and listening groups (Tizzy Time Early Talk Boost & Language Box with Mr Rainbow Time) - Joey’s Field (woods) - Walks and visits in the local community - Visits from the community to the pre-school (lollipop man) - Farm visit - Butterfly garden - Library - Cooking activities - Celebrations and world events 	<p><u>All about Me</u></p> <p>CONCENTRATION Introduce daily mindful moments / mindful tool of the month e.g. 1-2 mins everyday (singing bowl, triangle, breathing ball etc.)</p> <p>KINDNESS/CONNECTION: - What is kindness and how does it feel to be kind? - How can I be kind to my friends? - Introduce mindful self-kindness e.g. hugging breaths, kind words and thoughts - Building self-awareness/esteem using ‘I am’ statements (affirmations)</p> <p>Books The Monster Parade by Wendy O’Leary The Colour Monster by Anna Llenas Kindness is My Super Power by Alicia Ortego Calm with The Very Hungry Caterpillar by Eric Carle Bear Feels Kind by Garry Fleming</p>	<p><u>Helping Me</u></p> <ul style="list-style-type: none"> - Continue with mindful moments - How can I help myself by doing the things that make me happy (kindness cup - create) - Who helps me and who can I help? - Create class kindness tree - Kindness project e.g. visiting elderly home <p>CALM - Helping myself find my calm - Teach/learn about simple emotions using creative activities (EXPRESS the emotion) - Simple breathing tools to begin to understand how to regulate emotions - Create sensory breathing tools</p>	<p>Healthy Me</p> <ul style="list-style-type: none"> - Continue with mindful moments <p>CONCENTRATION - Mindfulness strategies to consciously engage the senses during daily indoor and outdoor activities - Mindful circle times engaging senses - Mindful movement and mindfulness in nature/mindful walks</p> <p>Caring for our planet and environment</p>

September 2022 - July 2023

Long-Term Plan