

## St Anselm's Year 3 Rainbow Curriculum

Theme	Objective
Self-appreciation	Recognise positive qualities about ourselves. Explore strategies to keep positive.
Mutual Respect	Discuss why showing respect and being tolerant is important. Begin to explain what discrimination is and explore behaviour which is prejudiced.
Communication	Develop an understanding of choosing an appropriate communication strategy depending on audience.
Collaboration	Describe the skills that are needed for good teamwork. Explore ways that good teamwork can help us to achieve more.
Initiative	Volunteer to support and participate in a planned activity.
Independence	Name some things I do independently and discuss my responsibilities. Identify who is responsible for helping to keep me safe and healthy.
Theme	Objective
Resilience and Adaptability Growth Mindset	Understand what it means to have a growth mindset and look at how to begin to apply this new learning to our own lives.
Resilience and Adaptability Resilience	Begin to identify the challenges that need to be overcome to learn or develop a new skill. Understand why we need to be resilient. Understand how we can build resilience. Identify strategies to cope when things get difficult.
Resilience and Adaptability Managing Feelings	Explore how to recognise different feelings. Discuss techniques to help us cope with our feelings. Explore what we mean by emotions. Consider possible ways to manage these emotions. Understand impulsivity and self-control of our thoughts, feelings and behaviour through exploring Chimp Management.

Theme	Objective
Organisation	Break down an activity into simple order of organised steps to allow implementation of a planned event.
Self-discipline	Explore the links between a healthy body and healthy mind. Consider ways to keep body and mind in check.
Leadership	Be able to lead small teams within a chosen and familiar context.
Confidence	Say the things about ourselves that we are proud of. Identify the difference between being proud and showing off.

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