

St Anselm's Year 4 Rainbow Curriculum

Theme	Objective
Self-appreciation	Understand the meaning of self-awareness and appreciation. Explore our strengths and weaknesses and consider how to make positive changes.
Mutual Respect	Identify similarities and differences between lifestyles, situations, and experiences. Discuss possible reasons for the differences. Begin to think about our feelings about inequality in this and other countries.
Communication	Work 1:1 or in groups, sharing ideas and supporting learning where appropriate.
Collaboration	Explore examples of how a team could be affected by one person's actions. Reflect upon our teamwork skills.
Initiative	Share ideas with others to explain how an activity can be planned and developed.
Independence	Learn to make independent decisions and consider the consequences of choices made. Understand what it means to make an 'informed decision'.
Theme	Objective
Resilience and Adaptability Growth Mindset	Identify different mindset characteristics. Understand and experience the value of challenge.
Resilience and Adaptability Resilience	Develop the length of time allocated to a challenge before giving up. Explore grit and determination and consider how to maintain hope and vision even under challenging circumstances.
Resilience and Adaptability Managing Feelings	Look at different ways to cope with good and bad days regarding feelings and emotions. Begin to explore how to manage stress and differing moods. Identify helpful and unhelpful thoughts. Understand the effect these thoughts have on the way we feel. Have strategies to cope with unhelpful thoughts. Understand impulsivity and self-control of our thoughts, feelings and behaviour through exploring Chimp Management.

Theme	Objective
Organisation	Begin to demonstrate specific skills of personal organisation.
Self-discipline	Explain why it is important to have a healthy mind and develop ways to keep our minds healthy.
Leadership	Be able to take on a coach/ mentor role with another pupil.
Confidence	Understand why we sometimes feel shy or nervous and know how to manage these feelings.

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