

## St Anselm's Year 5 Rainbow Curriculum

Theme	Objective
Self-appreciation	Understand the value of having our own thoughts, feelings, and opinions. Identify solutions to situations where being an individual may be more difficult.
Mutual Respect	Understand what diversity is and the importance of respecting and celebrating it. Identify ways of showing respect to all people.
Communication	Demonstrate increasing skills in a number of communication strategies.
Collaboration	Work as a team and readily share and discuss ideas with supporting adults and peers.
Initiative	Take increasing responsibility for individual learning,
Independence	Explore what we mean by motivation and look at ways to self-motivate.

Theme	Objective
Resilience and Adaptability Growth Mindset	Apply growth mindset in everyday life and understand the impact a positive attitude can have on learning.
Resilience and Adaptability Resilience	Display perseverance when approaching a new challenge. Apply previous experience to a situation and identify how challenges to be addressed to complete an activity or develop a skill.
Resilience and Adaptability Managing Feelings	Identify helpful and unhelpful thoughts and name some strategies to deal with unhelpful thoughts. Generate positive affirmations. Understand how our feelings can impact on our thoughts and actions. Suggest strategies to cope with uncomfortable emotions. Understand impulsivity and self-control of our thoughts, feelings and behaviour through exploring Chimp Management.

Theme	Objective
Organisation	Demonstrate an increasing use of personal organisational skills in relation to our own learning.
Self-discipline	Explore self-management and why self-management is important to keep our minds healthy. Look at how we can manage ourselves and have self-control.
Leadership	Be increasingly confident to lead a team consisting of familiar pupils.
Confidence	Explore how we can believe in ourselves and reflect on ways to boost our self-confidence.