

St Anselm's Year 1 Rainbow Curriculum

Theme	Objective
Self-appreciation	Identify things we are good at. Tell others what we think is special about us and understand that this can make us feel happy.
Mutual Respect	Identify and celebrate some of the ways people can be different from each other. Explain why we should treat all people with respect.
Communication	Share ideas within a group and demonstrate good listening skills.
Collaboration	Begin to understand that we can work together using methods other than just speaking.
Initiative	Volunteer to take part in a classroom activity
Independence	Take control of ourselves by considering independent actions to take if we need help.
Theme	Objective
Resilience and Adaptability Growth Mindset	Learn about what a growth mindset is and begin to look at the difference between a growth and fixed mindset.
Resilience and Adaptability Resilience	Begin to explore the terms perseverance and resilience. Continue with an activity or task even though it is difficult.
Resilience and Adaptability Managing Feelings	Talk about things we like that make us feel happy. Decide if something makes us feel happy or sad. Identify other good feelings. Explain that how we feel on the inside affects how we look on the outside. Think about what we can do when we are feeling things that don't feel good. Be introduced to self-control of our thoughts, feelings and behaviour through Chimp Management.

Theme	Objective
Organisation	Demonstrate specific skills of organisation.
Self-discipline	Explore what is meant by healthy living and why it is important to live a healthy life.
Leadership	Develop the ability as a leader to listen to ideas which might be different to our own and respond to the feelings of others
Confidence	Be confident to ask for help from peers or adults where necessary.

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