



ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

TOPIC TITLE: PSHE – Resilience

YEAR GROUP 5

TERM Autumn 1

Vocabulary Resilience Volume of emotion ABC (action, belief, consequence) Gremlins (me, them, always and catastrophising) Optimism and pessimism	Skills <ul style="list-style-type: none">• Assess a person's volume of emotion• Learn techniques to lower a volume of motion• Learn and then practise breathing techniques• Analyse an event using the ABC grid	What we already know Although resilience has never been taught, children have an understanding of our 'have a go' learning behaviour and 'marvellous mistakes'. Children also understand positive and negative consequences.
Application/ Outcomes <ul style="list-style-type: none">• Team building activity (spaghetti and marshmallow tower)• Use the ABC grid to create different outcomes to the same event• Role play events using the gremlins• Try out different breathing activities		Concepts <ul style="list-style-type: none">• Resilience• Optimism and pessimism• Consequences• Volume of emotion
Other/Cross Curricular Links with English/Maths All lessons: high aspirations SEND adaptations – mixed ability grouping for support, written outcomes are limited		