



# Progression Map- Content Overview – Jigsaw, Emotional ABC, Lifesavers

Autumn	Nursery	Reception	Year 1	Year 2
Being Me in My World Autumn 1	Self-identity  Understanding feelings  Being in a classroom  Being gentle  Rights and responsibilities	Self-identity  Understanding feelings  Being in a classroom  Being gentle  Rights and responsibilities	Feeling special and safe  Being part of a class  Rights and responsibilities  Rewards and feeling proud Consequences  Owning the Learning Charter	Hopes and fears for the year  Rights and responsibilities  Rewards and consequences  Safe and fair learning environment  Valuing contributions
Emotional ABCs Autumn 1		Use of emotive words such as happy, sad, excited, calm, frustrated  Unit 1 - An Emotional Vocabulary  Unit 1 - Match the feelings  Unit 1 - Similar Expressions	<b>First Year – Workshop 1-4</b> Developing Self-Awareness Through Identifying Emotions  Developing Awareness of Emotional Responses  Appreciating Diversity of Emotional Responses  Levels of Emotions	<b>Second Year – Workshop 1-3</b> Reviewing Skills that Help Manage Emotions  Review and Expansion: The Nature of Emotions  Evaluating Classroom Vocabulary Knowledge
Celebrating Difference Autumn 2	Identifying talents  Being special  Families  Where we live  Making friends  Standing up for yourself	Identifying talents  Being special  Families  Where we live  Making friends  Standing up for yourself	Similarities and differences  Understanding bullying and how to deal with it  Making new friends  Celebrating the differences in everyone	Assumptions and stereotypes about gender  Understanding bullying, standing up for self and others  Making new friends  Gender diversity  Celebrating difference and remaining friends
Emotional ABCs Autumn 2		Unit 1 - Emotional Vocabulary  Unit 2 - Learning with Moody  Unit 2 - face and body clues. What are feelings	<b>First Year – Workshop 5-8</b> Developing an Expressive Emotional Vocabulary  Identifying and Defining Emotions Related to Anxiety  Understanding That Emotional States are Constantly Changing  Demonstrating Fluency with an Expanded Emotional Vocabulary	<b>Second Year – Workshop 4-6</b> Understanding Levels of Emotional Response  Using Sensations to Understand Emotions  Comparing Emotions’ Impacts

Spring	Nursery	Reception	Year 1	Year 2
<b>Dreams and goals Spring 1</b>	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement Tackling new challenges Identifying and overcoming obstacles Feelings of success	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success
<b>Emotional ABCs Spring 1</b>		Unit 2 - Facial Clues Unit 2 - Reading faces Unit 2 – More about faces Unit 2 - Emotions can look similar. Unit 2 – Guess the emotion	<b>First Year – Workshop 9-12</b> Identifying Emotions Using Visual Clues  Learning Breathing Techniques to Help Self-Regulate Emotions  Identifying Emotions Using Sensations  Communicating Sensations Through Common Sayings	<b>Second Year – Workshop 7-9</b> Recharging  Building Your Personal Space  Building and Maintaining a Positive Identity
<b>Healthy Me Spring 2</b>	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food
<b>Emotional ABCs Spring 2</b>		Unit 3 – Sensations Unit 3 – Sayings Unit 3 – Sayings and Meanings Unit 4 – Memory card games	<b>First Year – Workshop 13-16</b> Learning Skills that Help Manage Emotions  What is a reaction  Knowing When to Use the Emotional ABCs Toolbar  Choosing to ‘Use Words’ During Emotionally Stressful Situations	<b>Second Year – Workshop 10-12</b> Sequence of Self Management Skills  Choosing Strategies  Persistence - Three Tries

Summer	Nursery	Reception	Year 1	Year 2
<b>Relationships Summer 1</b>	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Celebrating special relationships	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships
<b>Emotional ABCs Summer 1</b>		Unit 4 – Lesson 1 – Skills recap Unit 5 – Breathing Unit 6 – Emotional ABC toolbar	<b>First Year – Workshop 17-20</b> The Talk Play and The Fix-It Play Choosing an Action in Emotional Situations The Substitute Play, The Wait & See Play Developing a Repertoire of Good Choices Additional Plays - A Listing of Moodlandia Events Closing Workshop Summary	<b>Second Year – Workshop 13-15</b> Empathy - Skills for Offering Help Relationship Building - The Effects of Words and Actions Social-Emotional Skills in Action
<b>Changing Me Summer 2</b>	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations <b>Emotional ABCS unit 7</b>	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies Linking growing and learning Coping with change Transition	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies Assertiveness Preparing for transition
<b>Lifesavers Summer 2</b>  Complete Emotional ABC videos linked to needs as and when.		<b>Where does money come from -</b> Where do I get my money? Where do adults get their money? Why do we work? Work and play.	<b>How does money make us feel?</b> Money makes me feel... What we can do with our money  <b>What can we use our money for –</b> What do we need money for? How do we spend our money? Needs and wants.	<b>How does our money help other people -</b> How can we help others? What does it mean to be charitable?  <b>How can we look after our money –</b> Looking after our money. Respecting the things we all have, borrowing and lending. Keeping track of our money,

