

Chaffinch Brook : PSHCE and Social Skills Curriculum Plan:

	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Topic	Self aware and self confident		Healthy and well being	Living in the wider world - Relationships and working with others		Living in the wider world- Being an active citizen
Social skills	Communication skills Thinking skills Problem solving	Self awareness Understanding emotions Anger management	Personal safety Thinking skills Problem solving	Developing play skills	Developing interaction skills Developing social skills Working with others	Developing Social Understanding Thinking skills Problem solving
On-going elements	<p>Making good choices – behaviour management and understanding different strategies.</p> <p>Managing my emotions – anxiety reduction strategies and relaxation.</p> <p>Self regulation – sensory diet, activity breaks.</p> <p>Using social stories to develop social understanding.</p> <p>SALT and OT sessions to address individual targets.</p>					
Life Skills Topics	Personal Care Skills	Developing shopping skills and knowing the local area Getting myself a snack.	Getting help Safety on trips.	Developing shopping skills and knowing the local area Making drinks and snacks	Using different local amenities.	Using public transport and knowing the local area

For further information, please contact your class teacher or Head of School