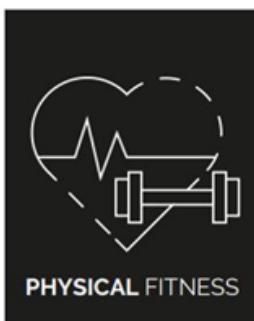


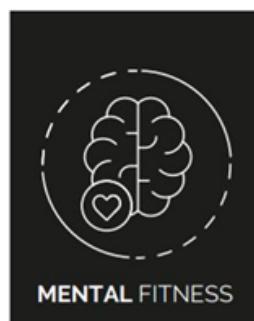
ONE LIFE VIDEOS



PHYSICAL FITNESS



SOCIAL FITNESS



MENTAL FITNESS

AUTUMN OVERVIEW

As part of the One Life programme, during Autumn 1 children developed self-awareness by exploring what makes them unique, how thoughts and feelings influence behaviour, how to build confidence and positive friendships. In Autumn 2, we focused on understanding emotions, managing big feelings using simple strategies, developing self-respect and positive body image, learning about boundaries and staying safe, all while reflecting on healthy habits that support overall wellbeing.

Scan the QR codes below to explore resources that further support your child's learning journey and well-being at home.

WHAT IS ONE LIFE? HOME - SCHOOL PARTNERSHIP



WINDOW OF TOLERANCE



RESPECT SONG



BOUNDARIES SONG

