



Mental Health and Wellbeing – Whole School Overview.

Year Cycle A

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Yin Yan Self-care	Marv Self-control (anger)	Fleeta Friendship	Woebe Over coming worry	Hilo Self-esteem	Edison Solving Problems
1/2	Professor Pinwheel Breathe	Captain Calm Calm	Yoga Ninja Yoga	Doctor Bubble Worry	The Rock Negativity	The Mistress Reflection
3/4	Rooster Self-care routines	Owl Self-regulation	Magpies Healthy relationships	Dove Inner Peace	Robin Being Reliable	Woodpecker Overcoming challenges
5/6	Mimic Octopus Being adaptable	Zebra Seahorse Keeping Calm	Sea Otter Loneliness	Tube Anemone Step out of your comfort zone	Salmon Inner drive	Coral Learning and growing



Year Cycle B

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Yin Yan Self-care	Marv Self-control (anger)	Fleeta Friendship	Woebe Over coming worry	Hilo Self-esteem	Edison Solving Problems
1/2	Music Man Emotions	Cyber Sense Mindfulness	Agent Grateful Gratitude	Zone-Maker Safe Space	The Imaginator Imagination	N-Vision Looking to the future
3/4	Penguin Community	Swan Kindness	Flamingo Forgiveness	Eagle Don't react	Peacock Love yourself	Puffins Taking risks
5/6	Pilot Fish Teamwork	Jellyfish Growing Up	Humpback Whale Grief	Pufferfish Think before you react	Dolphin Bullying	Hermit Crab Coping with changes