



**The Sultan's School**  
**Primary PSE Year Plan 2022-23**



	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Unit 1</b>	<b>Growth Mindset and Goal Setting</b> <ul style="list-style-type: none"> <li>• We Watch, We Listen, We Think</li> <li>• Why We Pay Attention</li> <li>• Mistakes Are Okay!</li> <li>• Practice Makes Better</li> <li>• Let's Practice and Learn!</li> </ul>	<b>Growth Mindset and Goal Setting</b> <ul style="list-style-type: none"> <li>• Time to Pay Attention</li> <li>• Everyone Gets Distracted</li> <li>• You Did It!</li> <li>• Helpful Thoughts</li> <li>• We Can Do It!</li> </ul>	<b>Growth Mindset and Goal Setting</b> <ul style="list-style-type: none"> <li>• How to Get Good at Something</li> <li>• What Mistakes Tell Us</li> <li>• Helpful and Unhelpful Thoughts</li> <li>• We Can Change Our Thoughts</li> <li>• Learn and Get Better</li> </ul>	<b>Growth Mindset and Goal Setting</b> <ul style="list-style-type: none"> <li>• Changing Your Brain</li> <li>• Getting Better with Practice</li> <li>• More Than Practice</li> <li>• Planning for Practice</li> <li>• Performance Task: Make a Practice Plan</li> </ul>	<b>Growth Mindset and Goal Setting</b> <ul style="list-style-type: none"> <li>• Setting a Good Goal</li> <li>• Making a Plan</li> <li>• Checking Our Progress</li> <li>• Reflecting On Our Journey</li> <li>• Ready, Set, Goal!</li> </ul>	<b>Growth Mindset and Goal Setting</b> <ul style="list-style-type: none"> <li>• The Right Goal for Me</li> <li>• My Plan</li> <li>• Changing My Plan</li> <li>• Time to Reflect</li> <li>• My 10-Minute Goal</li> </ul>
<b>Unit 2</b>	<b>Emotion Management</b> <ul style="list-style-type: none"> <li>• Sometimes We Feel Happy</li> <li>• Sometimes We Feel Sad Sometimes We Feel Angry</li> <li>• We Can Feel Calm</li> <li>• What Are They Feeling?</li> </ul>	<b>Emotion Management</b> <ul style="list-style-type: none"> <li>• Noticing Feelings</li> <li>• Sometimes We Feel Worried</li> <li>• Feeling Calm</li> <li>• Feeling Frustrated</li> <li>• Performance Task: Noticing Clues</li> </ul>	<b>Emotion Management</b> <ul style="list-style-type: none"> <li>• Feeling Proud</li> <li>• Feeling Disappointed</li> <li>• Help Yourself Feel Better</li> <li>• Different Feelings</li> <li>• How Do You Feel?</li> </ul>	<b>Emotion Management</b> <ul style="list-style-type: none"> <li>• Why Emotions?</li> <li>• How Angry?</li> <li>• Take a Break</li> <li>• How Happy?</li> <li>• Strength of Feelings</li> </ul>	<b>Emotion Management</b> <ul style="list-style-type: none"> <li>• The Balanced Brain</li> <li>• What Is Rethinking?</li> <li>• How to Rethink</li> <li>• Take Another Look</li> <li>• Rethink It!</li> </ul>	<b>Emotion Management</b> <ul style="list-style-type: none"> <li>• Strong Emotions</li> <li>• What Is Stress?</li> <li>• Planning for Change</li> <li>• What Can I Change?</li> <li>• Making a Change</li> </ul>
<b>Unit 3</b>	<b>Empathy &amp; Kindness</b> <ul style="list-style-type: none"> <li>• We Can Be Kind</li> <li>• Why Kindness?</li> <li>• Showing Kindness</li> <li>• Kindness at School</li> <li>• Demonstrating Kindness</li> </ul>	<b>Empathy &amp; Kindness</b> <ul style="list-style-type: none"> <li>• The Power of Kind Acts</li> <li>• Ways to Be Kind</li> <li>• Offering Kind Acts</li> <li>• Practicing Kind Acts</li> <li>• Demonstrating Kind Acts</li> </ul>	<b>Empathy &amp; Kindness</b> <ul style="list-style-type: none"> <li>• What's Empathy?</li> <li>• Empathy in Action</li> <li>• Having Empathy</li> <li>• Empathy at School</li> <li>• Empathy and Kindness</li> </ul>	<b>Empathy &amp; Kindness</b> <ul style="list-style-type: none"> <li>• Kindness and Friendship</li> <li>• Building a Friendship</li> <li>• My Kind of Kindness</li> <li>• Asking Questions</li> <li>• Do Something Kind</li> </ul>	<b>Empathy &amp; Kindness</b> <ul style="list-style-type: none"> <li>• The Same, But Different</li> <li>• Ask, Listen, Learn</li> <li>• Seeing It Differently</li> <li>• Changing Your Mind</li> <li>• A New Point of View</li> </ul>	<b>Empathy &amp; Kindness</b> <ul style="list-style-type: none"> <li>• Empathy in the Community</li> <li>• What's the Problem?</li> <li>• A Different Point of View</li> <li>• Community Solutions</li> <li>• Your Solution</li> </ul>
<b>Unit 4</b>	<b>Problem-Solving</b> <ul style="list-style-type: none"> <li>• We Can Say the Problem</li> <li>• Ready to Solve Problems</li> </ul>	<b>Problem-Solving</b> <ul style="list-style-type: none"> <li>• How to Say the Problem</li> <li>• Was It an Accident?</li> </ul>	<b>Problem-Solving</b> <ul style="list-style-type: none"> <li>• The Way to Say a Problem</li> <li>• Thinking of Solutions</li> <li>• Which Solution?</li> </ul>	<b>Problem-Solving</b> <ul style="list-style-type: none"> <li>• STEP by Step</li> <li>• S: Say the Problem</li> <li>• T: Think and E: Explore</li> </ul>	<b>Problem-Solving</b> <ul style="list-style-type: none"> <li>• A Good Problem-Solver</li> <li>• Saying It Respectfully</li> <li>• Exploring Outcomes</li> </ul>	<b>Problem-Solving</b> <ul style="list-style-type: none"> <li>• Beginning to STEP</li> <li>• When? Where? Who?</li> <li>• Solutions Web</li> </ul>



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<ul style="list-style-type: none"><li>• Apologizing Can Help</li><li>• Taking Turns and Sharing</li><li>• We Can Solve Problems</li></ul>	<ul style="list-style-type: none"><li>• Ask for What You Need</li><li>• We Can Make It Better</li><li>• Solving Problems</li></ul>	<ul style="list-style-type: none"><li>• What Would I Want?</li><li>• Be a Problem-Solver</li></ul>	<ul style="list-style-type: none"><li>• P: Pick a Solution</li><li>• Solving a Problem</li></ul>	<ul style="list-style-type: none"><li>• A Good Solution</li><li>• STEP into Problem-Solving</li></ul>	<ul style="list-style-type: none"><li>• Let's Reflect</li><li>• Putting It All Together</li></ul>
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