

### Behaviour curriculum levels

	Level 1-Mauve	Level 2-orange	Level 3-yellow	Level 4-blue	Level 5a-green	Level 5b-green
<b>Myself-Health and well-being</b>						
Developing risk management	Taking responsibility for themselves	Knowing what adults are responsible for  Personal safety	Recognising that our feelings can affect the way we behave	Identifying where we can go when we need to feel safe	Identifying who we can speak to about our feelings	Different types of risks, including positive risk taking  Body language
Understanding personal change and responsibility	Valuing their bodies and capabilities  Being aware of body needs	Knowing what makes each of us unique and special  What is special about me	My thoughts and feelings  Personal responsibility  Recognise how feelings can impact our behaviour	Managing feelings  Self worth	Resilience  Anxiety – triggers, positive strategies for coping	Assertiveness – being confident without being aggressive  Healthy mind-stress reduction  Using mindfulness to reduce stress
<b>Myself and My Thinking-Relationships</b>						
Understanding the dynamics of healthy relationships	Understanding what makes you happy and sad (protective behaviours)	Understanding what makes others happy and sad (protective behaviours)  Identifying kindness	Personal boundaries and respecting these  Different relationships	Making and keeping friends  Different types of unkind behaviour	Exploring how kindness benefits all involved	Changes in relationships
<b>My Community-Living in the wider world</b>						
Citizenship and British Values		Contributing to the life of the classroom and the school	Group and class rules and understanding how these rules help them  Rights and responsibilities  Body image	Why different rules are needed in different situations and how to take part in making them  Different kinds of responsibilities, rights and duties at home and at school	Human rights  Rules and the law  Being part of a community and understanding that they belong to different groups	Resolving differences by looking at alternatives, seeing and respecting others points of view, making decisions and explaining choices