

life skills

personal
development

TERM 1 ROADMAP | 14 WEEKS | AGES 6-12

Confidence
Bravery



Welcome!

What Makes Me,
Me?



Understanding
Feelings
Managing Big
Feelings



Growth Mindset
Resilience



Positive Self-Talk

Worries & Anxiety



Gratitude & Optimism
Setting Goals



Celebrating Progress
End of Term
Review and Kahoot
Quiz

swan
tutoring