

The diagram illustrates the progression of the 'Building Resilience' curriculum across four levels: EYFS, LKS2, KS1, and UKS2. The curriculum is organized into six columns: Building Resilience (red), Respectful Relationships (orange), Mental Wellbeing (yellow), Health Education (green), Caring Friendships (blue), and Wider World (pink). Each level has a blue track with colored circles representing topics. The Icklesham Primary School logo is in the bottom left.

Level	Building Resilience	Respectful Relationships	Mental Wellbeing	Health Education	Caring Friendships	Wider World
EYFS	Resilience	Families And people who care	Expressing yourself	Sleep	Friednships	Tolerance
LKS2	Emotions	Online Relationships	Thought Gremlins	Healthy Eating	Compassion	Care for Community
KS1	Triggers and Tornado Zone	Values	Reporting	Work / Purpose		
UKS2	Bullying	Exercise	Peer Pressure	Winning and losing		



PSHE Curriculum Map

Cycle B

