

## Catherington Infant School Drew Map: Promoting British Values

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year R</b>	<p><b>Mirror Mirror:</b> Looking in a mirror &amp; saying nice things to yourself.</p>	<p><b>Stand Tall:</b> Standing up straight makes you feel better. We can see how someone feels by how they stand.</p>	<p><b>Colour Breathing:</b> Use different colours for emotions- breathe out the negative ones, breathe in the good ones.</p>	<p><b>Floating Cloud:</b> Imagine floating on a cloud- breathe slowly to help you relax.</p>	<p><b>Win-Win:</b> How can we make each other feel happy when we want the same thing?</p>	<p><b>Free Flow:</b> Try lots of different things to find what you are good at.</p>
<b>Year 1</b> (revisit Year R tricks + ...)	<p>+ <b>Big Voice:</b> Talk to yourself using a big voice in your head &amp; say 'I CAN DO IT'.</p>	<p>+ <b>Sunny Side:</b> Always look on the bright side when things aren't going the way you planned.</p>	<p>+ <b>Light Bulb:</b> It's sometimes hard to find an answer to a problem. Try relaxing &amp; finding something else to do.</p>			
<b>Year 2</b> (revisit Year R, 1 tricks + ...)	<p>+ <b>Magic Circle:</b> Recognise how you feel when you can do something confidently- channel this feeling by squeezing your thumb &amp; middle finger together ( a magic circle). This can then be used when you are feeling less confident.</p>	<p>+ <b>Big 'No':</b> It is OK to say 'no' when you know something is wrong. Give yourself time to think before you say 'no'. Make sure your 'no' is strong.</p>	<p>+ <b>Big 'Yes':</b> Listen to your body before saying 'yes'. Use other tricks to help you if you are not confident about saying 'yes'.</p>			

	<b>BRITISH VALUES:</b>	<b>Democracy</b>	<b>Rule of Law</b>	<b>Individual Liberty</b>	<b>Mutual Respect, Tolerance of Different Faiths &amp; Beliefs</b>
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