



Whole School Subject Overview Personal, Social, Health and Citizenship Education

Social and Emotional Aspects of Learning (SEAL)

The SEAL programme is followed from Year 1 to Year 6.

SEAL is broken down into 7 areas:

Theme number and time of year	Theme title	Key social and emotional aspects of learning addressed
1. September/October	New beginnings	<ul style="list-style-type: none"> • Empathy • Self-awareness • Motivation • Social skills
2. November/December	Getting on and falling out	<ul style="list-style-type: none"> • Managing feelings • Empathy • Social skills
3. One to two weeks in the autumn term (to coincide with national anti-bullying week in November)	Say no to bullying	<ul style="list-style-type: none"> • Empathy • Self-awareness • Social skills
4. January/February	Going for goals!	<ul style="list-style-type: none"> • Motivation • Self-awareness
5. February/March	Good to be me	<ul style="list-style-type: none"> • Self-awareness • Managing feelings • Empathy
6. March/April	Relationships	<ul style="list-style-type: none"> • Self-awareness • Managing feelings • Empathy
7. June/July	Changes	<ul style="list-style-type: none"> • Motivation • Social skills • Managing feelings

Please see Half term plans for further details.