

# *Emotional Wellbeing*

## PLANNER

### PPS

#### Disclaimer

This Planner is intended for general guidance only. It is tentative in nature and may be modified, paused, or discontinued at any time without prior notice. It should not replace professional advice or treatment.

# Emotional Wellbeing Planner

September :

Self-Awareness & Confidence

- Nursery - KG: I Am Special
- Classes I - V: Self-Esteem & Positive Identity
- Classes VI - VIII: Discovering Personal Strengths
- Classes IX - XII: Building Confidence & Self-Belief

October :

Friendship, Kindness & Anti-Bullying

- Nursery - KG: Being a Good Friend
- Classes I - V: Respecting Others & Kindness
- Classes VI - VIII: Handling Peer Pressure
- Classes IX - XII: Anti-Bullying & Safe Peer Relationships

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November

## Managing Stress & Anger

- Nursery - KG: Understanding Basic Emotions
- Classes I - V: Calming Down & Managing Anger
- Classes VI - VIII: Stress & Anger Management
- Classes IX - XII: Exam Stress & Anger Control Strategies

December

## Digital Wellness & Responsible Use

- Nursery - KG: Screen Time Awareness
- Classes I - V: Healthy Screen Habits
- Classes VI - VIII: Cyber Safety Basics
- Classes IX - XII: Digital Detox & Mental Health

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January:

## Growth Mindset & Resilience

- Nursery - KG: Keep Trying & Don't Give Up
- Classes I - V: Learning from Mistakes
- Classes VI - VIII: Resilience & Positive Thinking
- Classes IX - XII: Overcoming Failures & Building Grit

February:

## Relationships & Empathy

- Nursery - KG: Sharing & Caring
- Classes I - V: Understanding Feelings of Others
- Classes VI - VIII: Respect, Empathy & Inclusion
- Classes IX - XII: Healthy Relationships & Emotional Boundaries