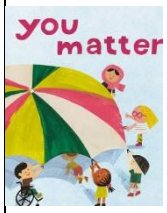
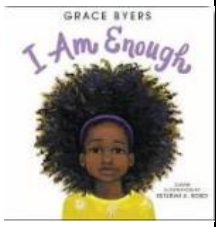
ONE LIFE

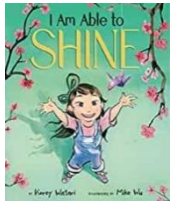
PHYSICAL FITNESS | **SOCIAL** FITNESS | **MENTAL** FITNESS

A curriculum built on books- overview of books from YN-Y6 for each half term

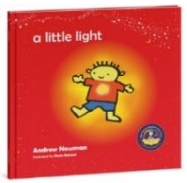
KW CONSULTANCY
Inspire, Innovate, Improve


you matter

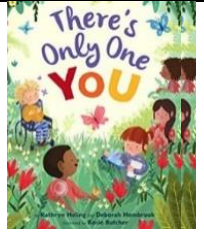

GRACE BYERS
I Am Enough

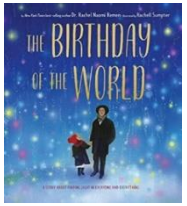

I Am Able to SHINE

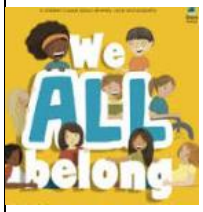
DIFFERENT
A Great Thing to Be!

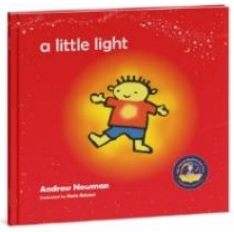

a little light
Andrew Neuman

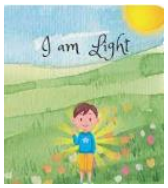
Who You Were Made to Be

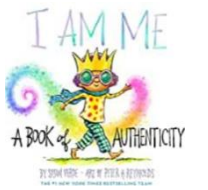

There's Only One YOU

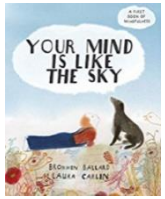

THE BIRTHDAY OF THE WORLD

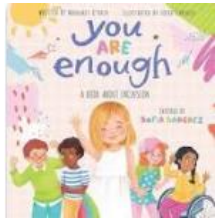

We ALL belong

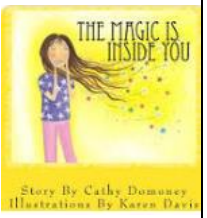

a little light
Andrew Neuman

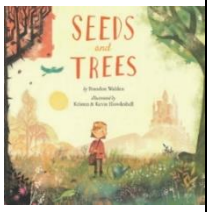

I am Light

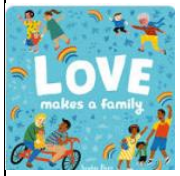

I AM ME
A BOOK of AUTHENTICITY


YOUR MIND IS LIKE THE SKY

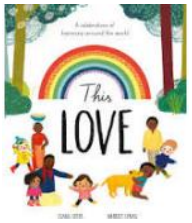

You ARE enough

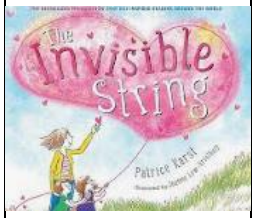

THE MAGIC IS INSIDE YOU
Story By Cathy Domoney
Illustrations By Karen Davis

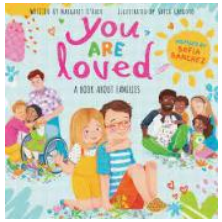

SEEDS and TREES

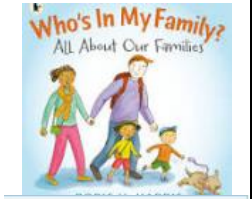

LOVE
makes a family

Our class is a FAMILY


This LOVE

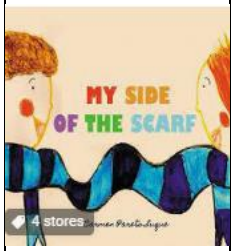

The Invisible String
Patrice Karst

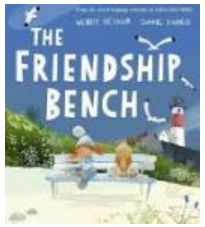

You ARE loved
A BOOK ABOUT LOVELESS


Who's In My Family?
All About Our Families

MUM AND DAD GLUE

EVERYTHING CHANGES

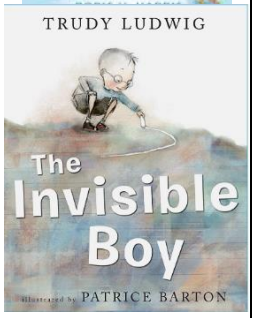

MY SIDE OF THE SCARF
4 stores

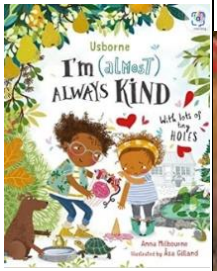

THE FRIENDSHIP BENCH

BE KIND

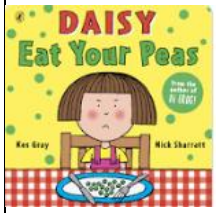
MEESHA MAKES FRIENDS
TOM PERCIVAL

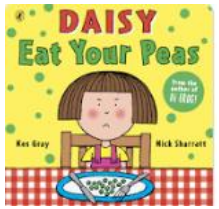
The Not-So-Friendly Friend
How To Set Boundaries for Healthy Friendships

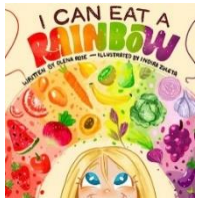

TRUDY LUDWIG
The Invisible Boy
PATRICE BARTON

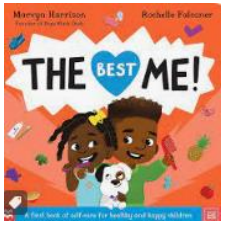

Usborne
I'm (almost) ALWAYS KIND

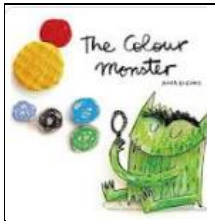
PIP EGG

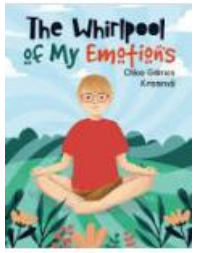

DAISY
Eat Your Peas
Kes Gray
Nick Sharratt

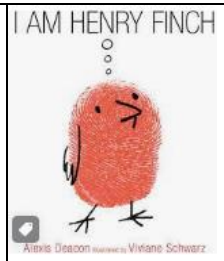

DAISY
Eat Your Peas
Kes Gray
Nick Sharratt


I CAN EAT A RAINBOW

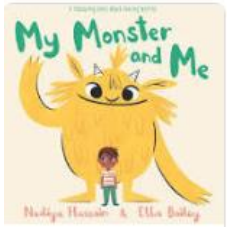

Rochelle Folsoner
THE BEST ME!

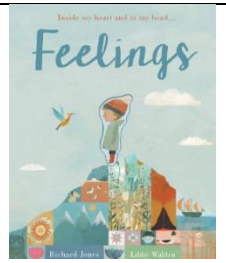

The Colour Monster

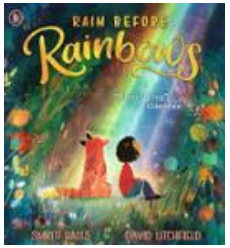

The Whirlpool of My Emotions

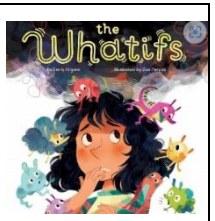

I AM HENRY FINCH
Alexis Deacon
Viviane Schwarz

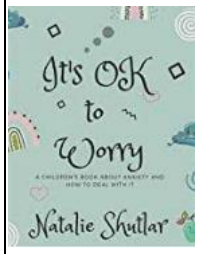
BE MINDFUL OF MONSTERS

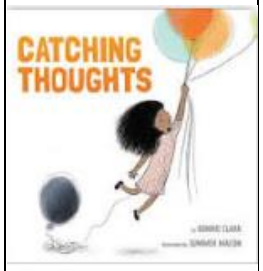

My Monster and Me

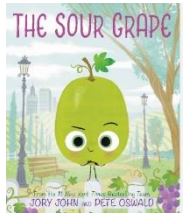

Feelings

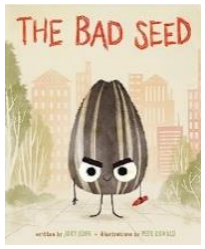

RAIN BEFORE
Rainbows

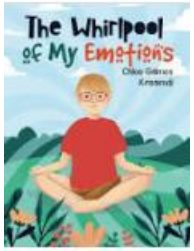

the Whatifs

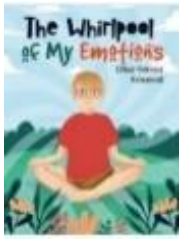

It's OK to Worry
Natalie Shutlar


CATCHING THOUGHTS


THE SOUR GRAPE
JORY JOHN
PETE OSWALD

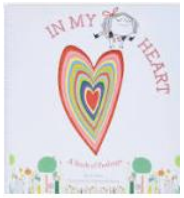

THE BAD SEED

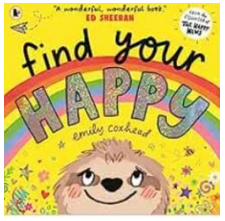

The Whirlpool of My Emotions


The Whirlpool of My Emotions

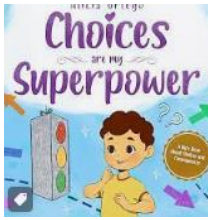
The RIVER
TOM PERCIVAL

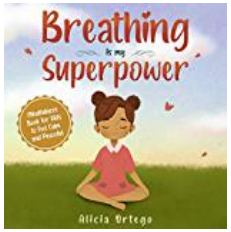
Bottled

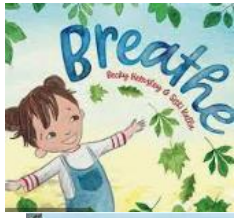

IN MY HEART

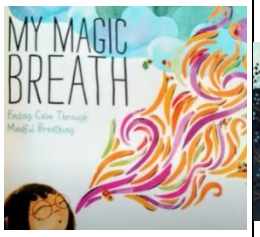

find your HAPPY
emily cockwood

WHEN THINGS GET TOO LOUD

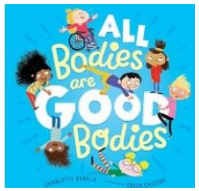

Choices are my Superpower

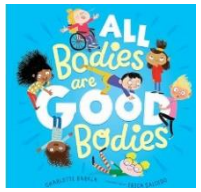

Breathing is my Superpower
Alicia Ortego

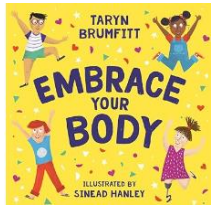

Breathe


MY MAGIC BREATH

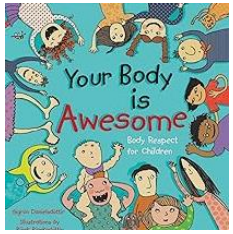
BREATHE AND BE

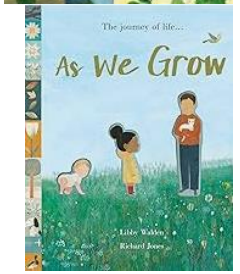

All Bodies are Good Bodies

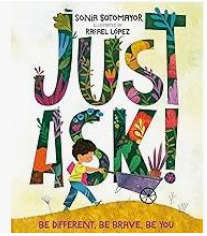

All Bodies are Good Bodies

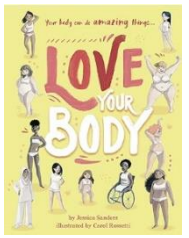

TARYN BRUMFITT
EMBRACE YOUR BODY
ILLUSTRATED BY SINEAD HANLEY

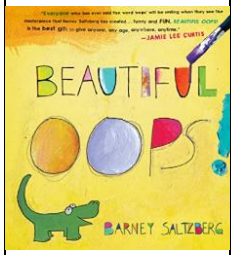
I'M GROWING GREAT

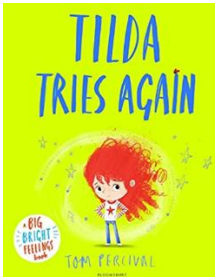

Your Body is Awesome
Body Respect for Children


The journey of life...
As We Grow
Lilly Walden
Richard Jones

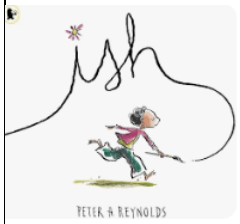

SONIA SOTOMAYOR
RAFAEL LÓPEZ
JUST ASK!
BE DIFFERENT, BE BRAVE, BE YOU


LOVE YOUR BODY

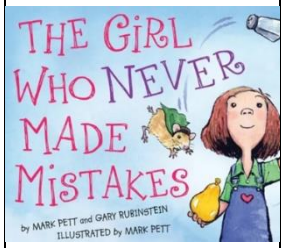

BEAUTIFUL OOPS
BARNEY SALTZBERG


TILDA TRIES AGAIN
BIG BRIGHT FEELINGS book
TOM PERCIVAL

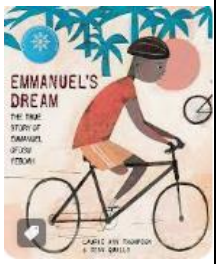
THE MAGICAL YET

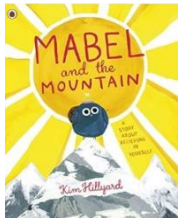

ish
PETER H REYNOLDS

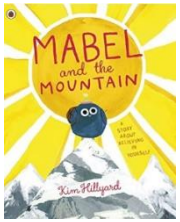
Kara Wilson
MISTAKES ARE HOW I LEARN

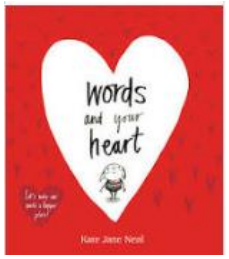

THE GIRL WHO NEVER MADE MISTAKES
by MARK PETT and GARY RUBINSTEIN
ILLUSTRATED by MARK PETT

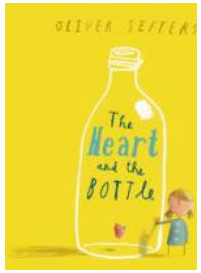
DAN SANTAT
THE AFTER FALL
HOW HUMPTY DUMPTY GOT BACK UP AGAIN

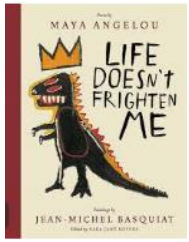

EMMANUEL'S DREAM

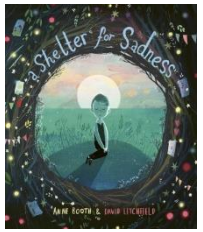

MABEL and the MOUNTAIN
Kim Hillyard

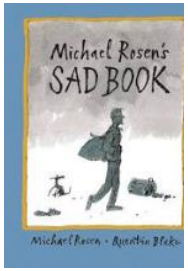

MABEL and the MOUNTAIN
Kim Hillyard

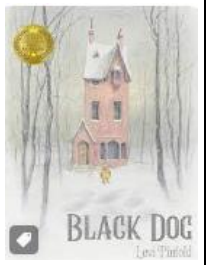

words and your heart

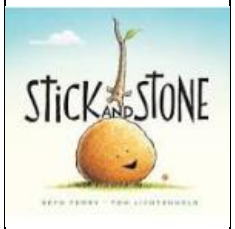

OLIVER JEFFERS
The Heart and the BOTTLE

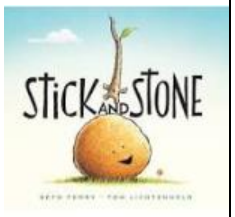

MAYA ANGELOU
LIFE DOESN'T FRIGHTEN ME
JEAN-MICHEL BASQUIAT

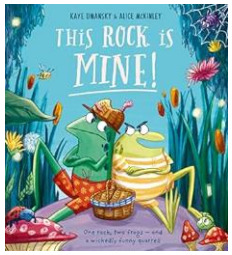

A Shelter for Sadness

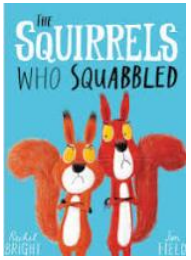

Michael Rosen's SAD BOOK

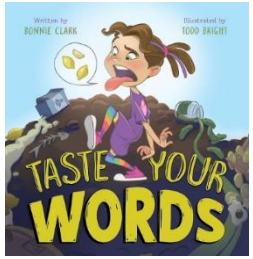

BLACK DOG

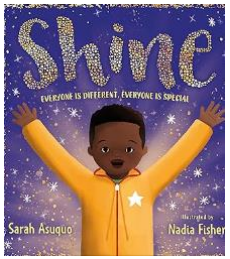

STICK AND STONE

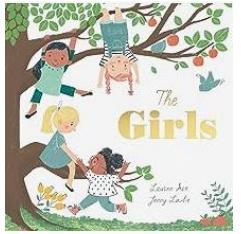

STICK AND STONE

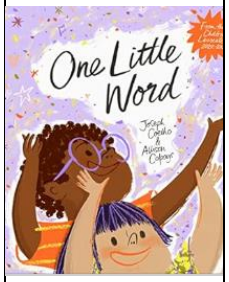

THIS ROCK IS MINE!


THE SQUIRRELS WHO SQUABBLED

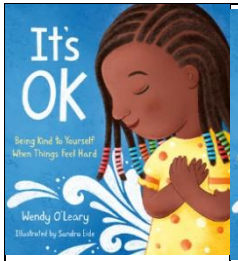

TASTE YOUR WORDS

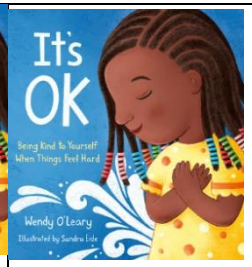

Shine
EVERYONE IS DIFFERENT, EVERYONE IS SPECIAL
Sarah Asuquo
Nadia Fisher

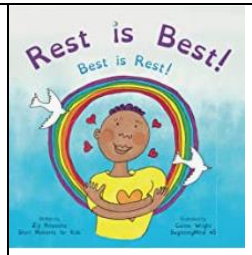

The Girls

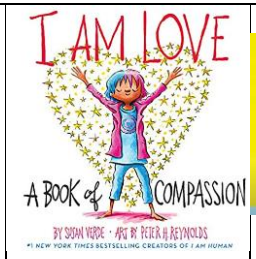

One Little Word

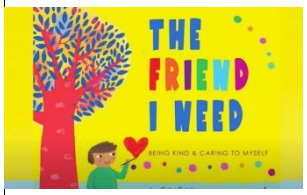
Bounce Back!

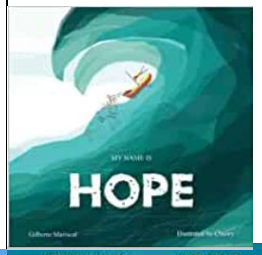


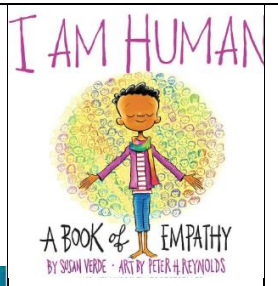


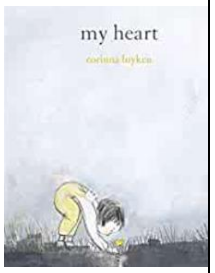




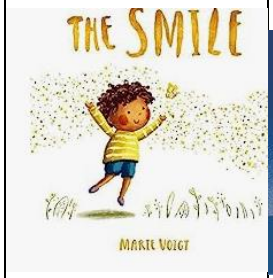


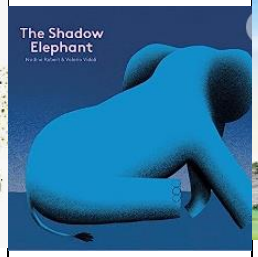


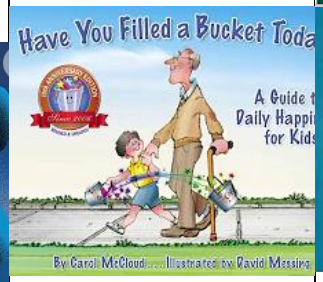


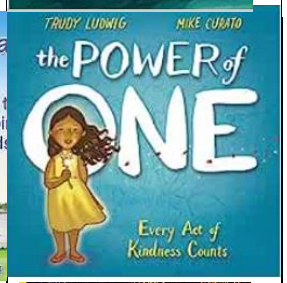


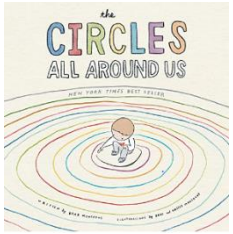
ARTICLE TO READ

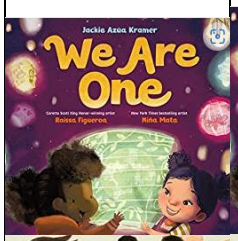


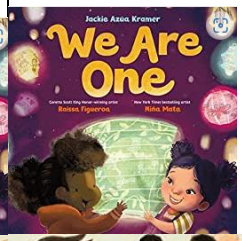


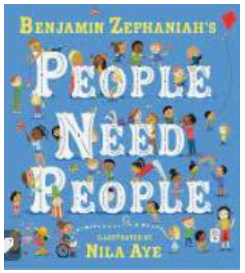


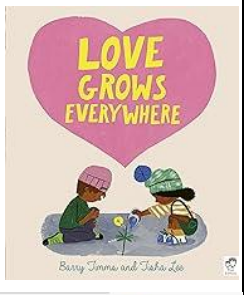


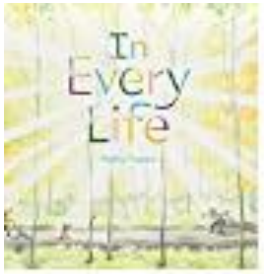


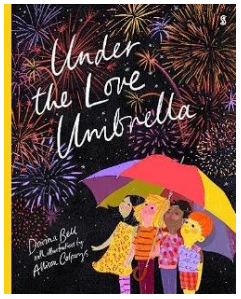


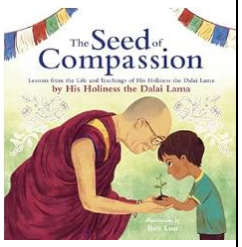


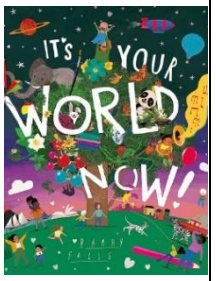


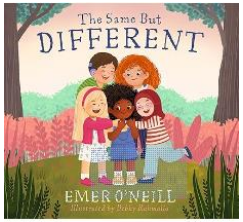


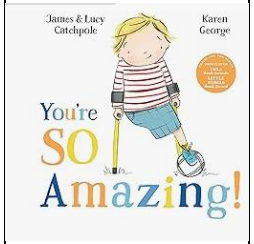


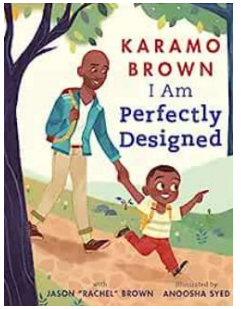


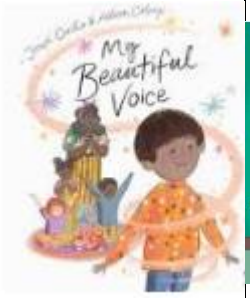


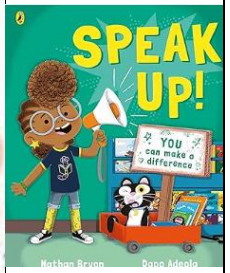


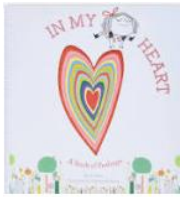


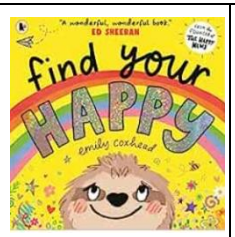




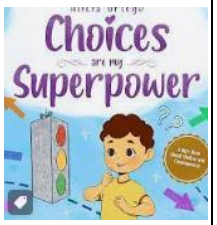


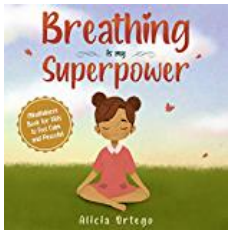


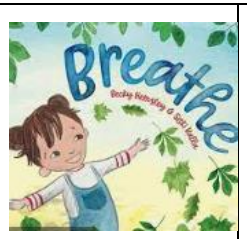

IN MY HEART

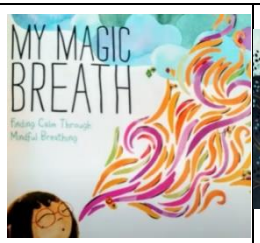

find your HAPPY
emily cockhead

WHEN THINGS GET TOO LOUD

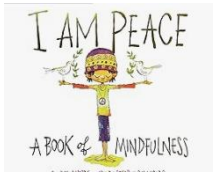

Choices are my Superpower

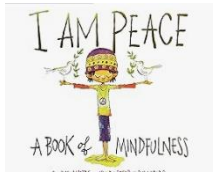

Breathing is my Superpower
Alicia Ortego


Breathe


MY MAGIC BREATH

BREATHE AND BE


I AM PEACE
A BOOK of MINDFULNESS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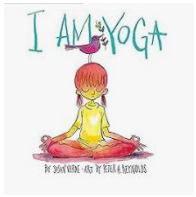
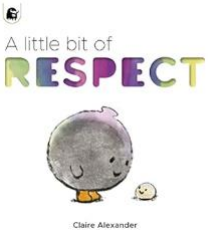
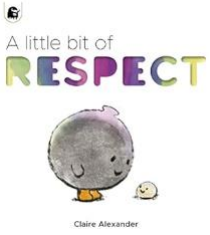

I AM YOGA


A little bit of
RESPECT
Claire Alexander


A little bit of
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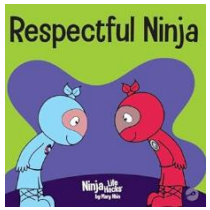
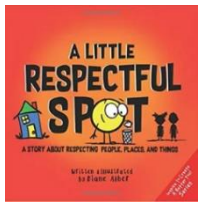

Respectful Ninja


A LITTLE RESPECTFUL SPOT

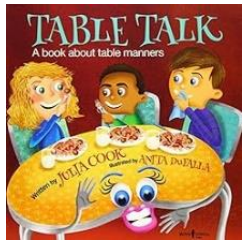
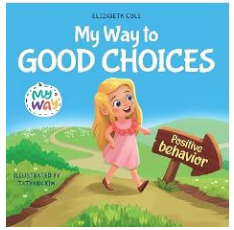
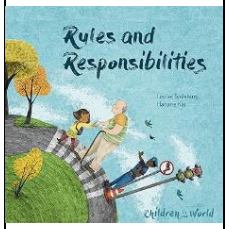
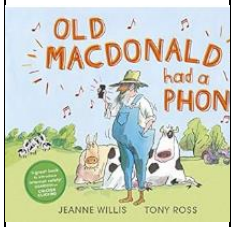


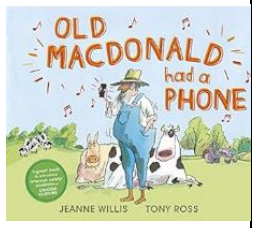
TABLE TALK
A book about table manners

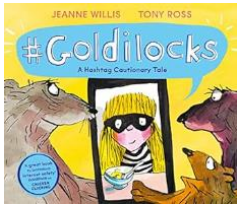

My Way to GOOD CHOICES
Positive behavior

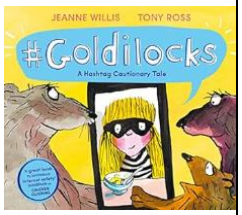
I CHOOSE
to Be Respectful

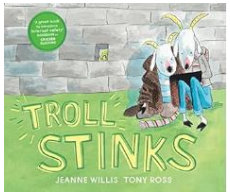

Rules and Responsibilities


OLD MACDONALD had a PHON
JEANNE WILLIS TONY ROSS

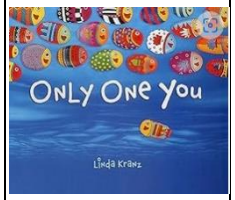

OLD MACDONALD had a PHONE
JEANNE WILLIS TONY ROSS


JEANNE WILLIS TONY ROSS
#Goldilocks
A Hashtag Cautionary Tale

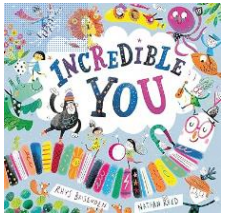

JEANNE WILLIS TONY ROSS
#Goldilocks
A Hashtag Cautionary Tale

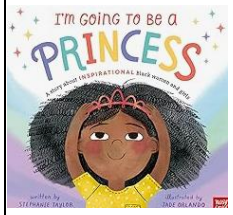

TROLL STINKS
JEANNE WILLIS TONY ROSS

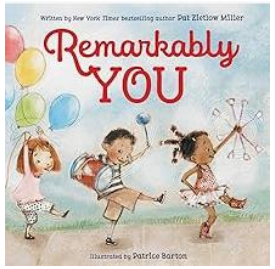
POLLY AND THE SCREEN TIME OVERLOAD

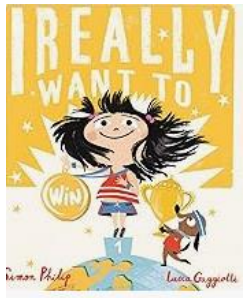

Only One You
Linda Kranz

SUPER DUPER YOU

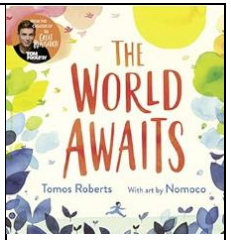

INCREDIBLE YOU

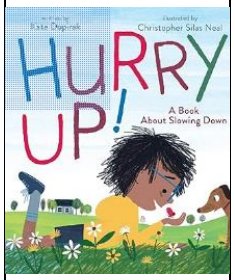

I'm Going to Be a
PRINCESS

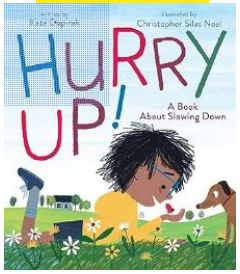

Remarkably YOU


I REALLY WANT TO
WIN

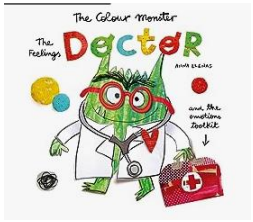
Dr. Seuss
OH, THE PLACES YOU'LL GO!

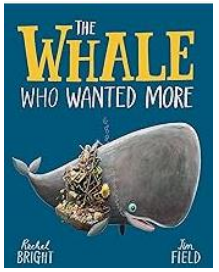

THE WORLD AWAITS
Tomos Roberts

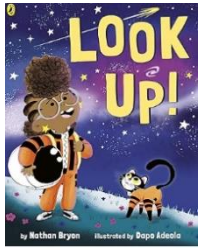

HURRY UP!
A Book About Slowing Down


HURRY UP!
A Book About Slowing Down

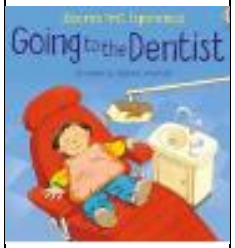
NAOMI OSAKA
The WAY CHAMPS PLAY


The Colour Monster
Doctor

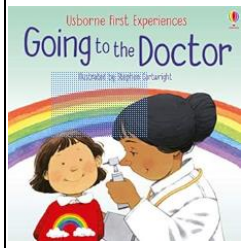

THE WHALE WHO WANTED MORE
Rachel BRIGHT
Jim FIELD


LOOK UP!

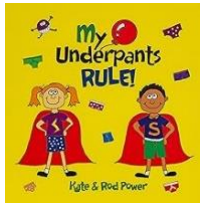
Unplugged Ninj

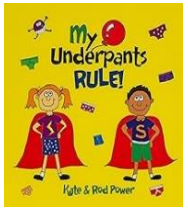

Going to the Dentist

Going to the Dentist


Usborne first experiences
Going to the Doctor

This is how we
Keep Healthy


My Underpants RULE!
Kyle & Rod Power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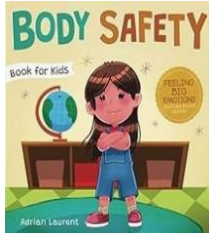
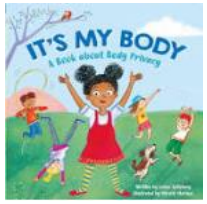
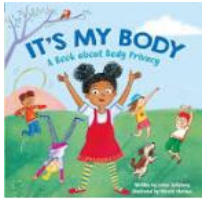

BODY SAFETY
Book for Kids
Adrian Laurent


IT'S MY BODY
A Book about Body Privacy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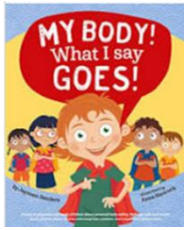
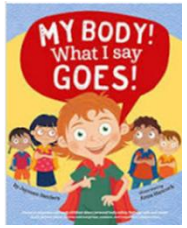
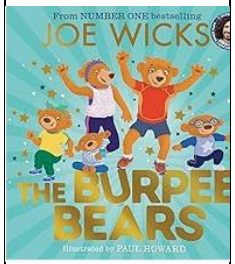
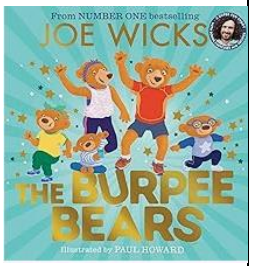

MY BODY! What I say GOES!


MY BODY! What I say GOES!

Amazing You!


From NUMBER ONE bestselling
JOE WICKS
THE BURPEE BEARS
Illustrated by PAUL HOWARD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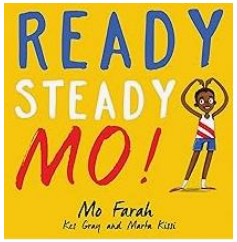
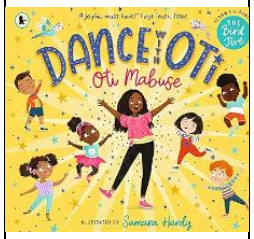
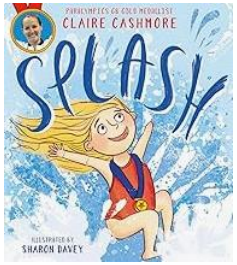
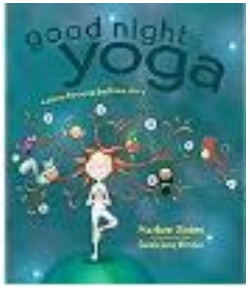
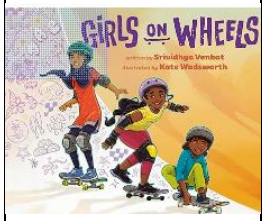

READY STEADY MO!
Mo Farah
Kes Gray and Marta Kissi


DANCE!
Oti Mabuse


CLAIRE CASHMORE
SPLASH!
SHARON DAVEY


good night yoga


GIRLS ON WHEELS
Sriuidhga Venbat
Kate Wadsworth