

# Spring 2 - We celebrate diversity!

## Mental Fitness:

Power of Compassion



## Social Fitness:

Being safe



## Physical Fitness:

Basic First Aid



## Themes:

self-compassion,  
compassion for others,  
empathy, sympathy,  
sensitivity,  
forgiveness,  
stereotypes,  
emergency

## Personal Attributes:

kindness,  
empathy,  
generosity,  
sense of justice

# This terms end goals



MENTAL FITNESS

To know that I must be kind to myself and others to be mentally fit.

Begin to know how to say sorry and forgive others.



SOCIAL FITNESS

Know about stereotypes and how to challenge them.

Use their 'SENSES' to show up compassionately in their relationships.



PHYSICAL FITNESS

Know how to be compassionate in an emergency and basic first aid. To know how to call 999 and what to say in an emergency.

***We only get one life, so let's learn how to live it well!***