

| Relating |
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| Rationale |
| <p>In recent years there have been substantial advances in the science of well-being with a vast array of new evidence as to the factors that affect happiness and ways in which we can measure happiness more accurately. We now have an opportunity to use this evidence to make better choices and to increase well-being in our personal lives, homes, schools, workplaces and communities.</p> <p>The research shows that we need a change of priorities, both at the societal level and as individuals. Happiness and fulfilment come less from material wealth and more from relationships; less from focussing on ourselves and more from helping others; less from external factors outside our control and more from the way in which we choose to react to what happens to us.</p> <p>Everyone's path to happiness is different. Based on the latest research, we have identified 10 Keys to Happier Living that consistently tend to make life happier and more fulfilling. Together they spell "GREAT DREAM".</p> |
| Learning |
| <p><u>Year 1</u> Set achievable personal goals and successfully reflect on these, perhaps setting 'next steps'.</p> |
| <p><u>Year 2</u> State the characteristics of a good friend.</p> |
| <p><u>Year 3</u> Offer solutions when there are disagreements between friends.</p> |
| <p><u>Year 4</u> Identify basic 'coping strategies' for dealing with difficult emotions – linked to when falling out with friends or family.</p> |
| <p><u>Year 5</u> Identify something he/she is confident in.</p> |
| <p><u>Year 6</u> Set achievable personal goals and successfully reflect on these, perhaps setting 'next steps'</p> |
| Key Vocabulary |
| Goals, friends, disagreement, argument, difference of opinions, confidence, next steps |