



# WiseUP!

## Positive Friendships, Relationships, Feeling and Emotions for KS2 children.

WiseUP! helps children to think about keeping themselves safe. They will learn about safe and positive friendships and relationships, who their trusted adults are and how to talk about feelings and emotions.

Delivered to whole classes of Y4 children over three, one and a half- hour sessions.

The WiseUP! programme covers the following:

- Important things about ourselves, our friendships and our relationships with other people
- Words to use and how to be able to talk about things in a safe way, even in difficult situations
- How we might feel in different situations, the emotions we may have and how we might respond

It uses practical, age appropriate, fun activities and involves pupils in discussions, talking, role play and group tasks.

### Includes

Evidence and Impact Mapping tool. The tool maps the WiseUP! Programme across the Ofsted evaluation criteria, the PSHE education curriculum and the new RSHE Statutory Guidance.

### Session 1

This session is designed to be delivered by the class teacher, all resources, lesson plan and PowerPoint are provided.

### Session 2 & 3

Both are delivered by WiderLearning staff who are all experienced, qualified practitioners and appropriately trained in this area of work.

### Beyond Session 3

Delivery will be reviewed with you and support given to create a sustainable plan of activity for your school.

‘Remember, our friendships should make us feel happy, positive and secure. No one should make you feel unhappy or unsafe. If they do you can tell a trusted adult.’



Health & Wellbeing in Schools  
PSHE Education Consultancy

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