

# GIRLS GROUP AT OAK TREE

## AUTUMN

### Friendships & Relationships

#### Daisies

Focusing on shared play, building awareness of others, turn-taking and expressing preferences.

#### Sunflowers

Developing understanding of friendships, what makes a good friend and different types of relationship.

#### Roses

Developing understanding of healthy and unhealthy relationships and friendships, trust, loyalty and boundaries

## SPRING 1

### Looking After Myself and My Body

#### Daisies

Focusing on basic self-care through shared routines, body awareness, and expressing needs.

#### Sunflowers

Developing understanding of body parts, puberty and changes in the body.

#### Roses

Developing understanding of mental health, looking after their mental health and supporting positive self-esteem and body image.

## SPRING 2

### Managing Worries & Being Confident

#### Daisies

Focusing on recognising simple emotions and co-regulating strategies.

#### Sunflowers

Developing understanding of worries and emotions, learning simple calming strategies, and building confidence in trying new things and speaking up.

#### Roses

Developing understanding of anxiety and self-esteem, exploring strategies to manage worries, and building resilience, independence, and confidence in situations.

## SUMMER 1

### Being Safe & Making A Difference

#### Daisies

Focusing on recognising safe adults, people who can help us and simple acts of kindness.

#### Sunflowers

Developing understanding of personal space, body boundaries, safe strangers and how their actions can help others and their community.

#### Roses

Developing understanding of risk, personal safety (including online), and how they can have a wider impact on others and society.

## SUMMER 2

### Understanding Me, Role Models & Dreams

#### Daisies

Focusing on recognising themselves, likes and dislikes, and exploring familiar adults as positive role models.

#### Sunflowers

Developing understanding of personal identity, strengths, interests, and identifying role models and future aspirations.

#### Roses

Developing understanding of identity, self-worth, and personal strengths, exploring role models and where appropriate considering their diagnoses.