5 Ways to Wellbeing: Curriculum Intent

The 5 Ways to Wellbeing framework provides the organising principle for the RSHE and PSHE curriculum, ensuring statutory content is delivered through a proactive, behaviour-focused wellbeing model. This strengthens pupils' personal development by enabling them not only to understand wellbeing concepts but to practise and internalise sustainable wellbeing habits.

The curriculum is designed to:

- Develop pupils' proactive wellbeing habits through the 5 Ways to Wellbeing framework.
- Support pupils to build resilience, belonging, purpose and self-awareness.
- Complement statutory RSHE requirements while strengthening personal development.

Enable pupils to:

  - understand wellbeing
  - practise wellbeing behaviours
  - reflect on wellbeing impact
  - develop lifelong wellbeing strategies

Quick reference summary table

5 Ways to Wellbeing Domains	Main RSE Strand	Main PSHE Strand
1. Connect	Families and people who care for me; Caring friendships; Respectful relationships; Online relationships; Mental wellbeing	Relationships; Living in the wider world
2. Be Active	Mental wellbeing; Preparing for adulthood; Aspirations and careers; Internet safety and harms	Living in the wider world; Health and wellbeing
3. Keep Learning	Physical health and fitness; Healthy lifestyles; Mental wellbeing	Health and wellbeing
4. Give	Respectful relationships; Caring friendships; Citizenship; Volunteering and community	Relationships; Living in the wider world
5. Take Notice (Mindfulness)	Mental wellbeing; Emotional literacy; Online awareness; Managing risk	Health and Wellbeing

	Connect	Keep Learning	Be Active	Give	Take Notice
EYFS	Demonstrate a sense of belonging within the setting. Engage in cooperative play and shared experiences.	Ask questions and explore ideas through play. Show curiosity and interest in new experiences.	Engage in a range of physical play and movement experiences. Recognise that movement can change energy and feelings.	Show kindness and helpfulness towards others. Demonstrate early understanding of fairness and cooperation.	Recognise and name their feelings. Notice changes in their environment and experiences. Demonstrate moments of calm attention and reflection.
EYFS Curriculum Links	PSED – Relationships / Self-regulation Communication & Language	Characteristics of Effective Learning Understanding the World Expressive Arts	Physical Development PSED	PSED – Managing self / Relationships Understanding the World	PSED – Self-regulation Communication & Language Understanding the World

	Connect	Keep Learning	Be Active	Give	Take Notice
KS1	Practise simple acts of kindness and friendship daily. Experience belonging through collaborative play.	Recognise that trying new things can make us feel proud and happy. Develop curiosity and persistence during new learning.	Experience movement as fun and mood-boosting. Identify how activity changes feelings and energy.	Take part in helping roles in class and home. Understand that helping others can make us feel good.	Notice feelings in body and environment. Practise simple mindfulness (breathing, noticing sounds, gratitude).
KS2	Build and maintain supportive peer networks. Experience positive group belonging.	Identify how learning new skills improves confidence and wellbeing. Set personal learning challenges for enjoyment.	Explore preferred forms of movement for wellbeing. Reflect on activity and mood links.	Participate in class/community contribution projects. Reflect on impact of kindness and volunteering.	Practise gratitude and reflection. Develop awareness of thoughts, emotions and environment. Notice positive moments and achievements.

KS3	Develop authentic peer and adult support networks. Practise empathy and perspective-taking. Experience collective identity through group projects.	Recognise learning as a source of purpose and identity. Explore skill mastery and growth mindset for wellbeing.	Choose activity for stress regulation and enjoyment. Experiment with movement types for personal wellbeing.	Participate in sustained community or social impact activities. Reflect on purpose and contribution.	Practise mindfulness and being present. Notice cognitive patterns and emotional triggers. Develop awareness of digital impact on wellbeing.