THE ARTS
> Developing communication and social skills through conversation
> Finding expression and confidence through group work and play
> Taking part in different roles and learning how to adapt and be flexible within a team
> Performance and fun of singing in icebreakers and feeling comfortable in being silly!
> Developing a range of ways of communicating and expressing thoughts and feelings including, writing, drawing, singing and role-play.

LANGUAGE AND LITERACY
> Pupils learn how to express their own views and opinions confidently
> Storytelling skills – tell, retell and interpret stories based on memories and personal experiences
> Development of vocabulary to discuss emotions and feelings through talking and listening
> Written communication skills in expressing thoughts and feelings on flip chart paper as part of a group
> Read aloud confidently to express thoughts, feelings and emphasise the meaning of what they have read
> Identify and ask appropriate questions to seek information, views and feelings

PDMU
> Learning through investigation, experience and guided reflection
> Exploring their environment and the changes in it
> Pupils will experience change and first times and learn to problem solve and offer their own solutions in a safe environment
> Exploring the value of their own strengths and skills
> Exploring and discussing their own and others feelings and emotions
> Understanding that feelings and emotions change in times of change
> Developing self-confidence and self-esteem
> Learning about supporting others – exploring their own and others feelings and emotions
> Understanding Interdependence in the class and community and viewing themselves as a participant member

THE WORLD AROUND US
> Being aware of different learning styles, thoughts and emotions of those around us in school and in the community
> Knowing where, when and how to seek help and understanding that we all need support
> Recognising the benefits of friends, family and the school community in being sources of help and support
> Recognising that people are diverse and have differing beliefs that shape the way they live

PHYSICAL EDUCATION
> Developing self-esteem through physical Adventure Learning team games
> Working with others as part of a team
> Developing an understanding of fairness and respect through physical activity
> Linking Physical and outdoor education with important and integral learning experiences that are valued and discussed
> Understanding fairness and equity through physical teamwork
> Participate in activities and physical challenges to learn, understand and continue to develop core skills of running, jumping and throwing in a co-operative and competitive context using a variety of equipment

MATHEMATICS AND NUMERACY
> Learning how to draw upon their own experience to solve problems
> Developing a range of strategies for problem solving, looking for ways to overcome difficulties
> Reflecting upon progress and goal setting for the future
> Learning about timings and keeping track of a schedule for the duration of the workshops
> Planning and organising work, learning to work systematically
> Place events in order of likelihood