

## SCARF – Teaching and Learning Programme to support PSHE (Personal, Social and Health Education)

SCARF stands for: Safety, Caring, Achievement, Resilience and Friendship.

The SCARF programme has been developed by teachers and is centred on the 'Growth Mindset' approach; SCARF's resources support primary schools in promoting positive behaviour, mental health, wellbeing, resilience and achievement and links to the Life Education Van. More information can be found on: <https://www.coramlifeeducation.org.uk>

### SCARF Overview

Term	Topic	Includes sessions on:
Autumn 1	<b>Being My Best</b>	Keeping Healthy Growth Mindset Goal Setting Achievement
Autumn 2	<b>Keeping Myself Safe</b>	Aspects of Relationships Education
Spring 1	<b>Me and My Relationships</b>	Feelings Emotions Conflict Resolution Friendships
Spring 2	<b>Valuing Difference</b>	British Values Focus
Summer 1	<b>Rights and Responsibilities</b>	Money
Summer 2		Living in the Wider World Environment