

Year-Long Crew Lesson Sequence

Half-Term 1: "Who We Are"

Focus: self-awareness, belonging, routines, and trust-building.

Week	Lesson A	Lesson B
1	Welcome to Crew & Ground Rules	All About Me - My Strengths
2	Understanding Feelings	Expressing Feelings Safely
3	Listening and Talking	Building Trust
4	What Makes a Good Friend	Fixing Friendship Problems
5	Our Crew Identity	Team Challenge
6	Reflection Circle	Celebration and Certificates

Half-Term 2: "How We Communicate"

Focus: verbal & non-verbal communication, empathy, and understanding others.

Week	Lesson A	Lesson B
1	Communication Check-In: How We Share Messages	Tone, Expression, and Body Language
2	Listening with Eyes and Ears	Giving and Receiving Instructions
3	Using "I" Statements	Solving Misunderstandings
4	Empathy: Understanding How Others Feel	Perspective-Taking Stories
5	Communication Challenge (Team Game)	Reflecting on How We Talk
6	My Communication Goals	Crew Celebration

Half-Term 3: "Resilience and Growth"

Focus: managing frustration, developing persistence, and celebrating effort.

Week	Lesson A	Lesson B
1	What Is Resilience?	Trying Again When It's Hard
2	Growth Mindset: Mistakes Help Us Learn	Positive Self-Talk
3	Coping with Change	Zones of Regulation (intro)
4	Managing Strong Feelings	Calming Strategies Toolbox
5	Team Challenge: Keep Going Together	Reflection on Effort

Week	Lesson A	Lesson B
6	Resilience Review	Celebration Circle

Half-Term 4: "Relationships and Respect"

Focus: social understanding, boundaries, inclusion, and kindness.

Week	Lesson A	Lesson B
1	Respect: What Does It Look Like?	Personal Space and Boundaries
2	Being Kind and Helpful	Saying Sorry and Making Amends
3	Differences Make Us Stronger	Inclusion Game
4	Respecting Adults and Rules	Conflict Resolution
5	Role Play: Problem Solvers	Team Challenge - Respect in Action
6	Reflection & Personal Growth	Crew Celebration

Half-Term 5: "Choices and Responsibility"

Focus: self-control, accountability, and leadership.

Week	Lesson A	Lesson B
1	Making Good Choices	Understanding Consequences
2	What Responsibility Means	Classroom and Crew Jobs
3	Supporting Each Other	Leadership Mini-Challenges
4	Decision-Making Scenarios	Self-Reflection Circle
5	Social Story: When I Make a Mistake	Problem-Solving Together
6	Reflection and Recognition	Celebration & Crew Awards

Half-Term 6: "Our Future, Our Crew"

Focus: reflection, transition, goal setting, and celebration.

Week	Lesson A	Lesson B
1	Looking Back on Our Journey	Strengths and Achievements
2	Setting Goals for the Future	Managing Change and Transition
3	Team Project: Our Crew Story	Presenting Our Story
4	Gratitude and Appreciation	Messages to Ourselves
5	Celebration Planning	Celebration Rehearsal

Week	Lesson A	Lesson B
6	Final Celebration Event	Goodbye and Looking Forward

Pedagogical Framework

- **Suggested structure of lesson:**
 1. Emotional check-in (visual feelings chart)
 2. Main activity (interactive, visual, movement or art-based)
 3. Reflection (talking circle, sentence stems, visuals)
 4. Calm close (music or mindfulness)