

# Our Together Curriculum



## We learn about:

- Personal views and insights
- Core values
- Active feelings

## We learn how to:

- Question and reflect on experiences
- Use stillness, visualisation and meditation
- Explore identity and individuality
- Make personal and social choices
- Take responsibility of our own actions

## We learn about:

- Types of energy, habitats, recycling, waste and materials
- The impact of pollution and litter

## We learn how to:

- Enhance our environment for future generations
- Discover ways to move towards an environmentally friendly life style
- Take responsibility of our actions
- Participate in an environmental project

## We learn about:

- Democracy
- The difference between wants and needs
- Rights and responsibilities
- Discrimination and prejudice
- Local issues

## We learn how to:

- Participate in the life of the academy
- Express our own views
- Discuss, analyse and debate controversial issues

## We learn about:

- The rules for and ways of keeping safe online
- The right to protect our bodies
- Risks, dangers and hazards
- Types of bullying

## We learn how to:

- Use technology safely and responsibly
- Respect others' privacy
- Manage external pressures
- Respond in an emergency
- Respond to bullying