



Life Skills at Wren's Nest Primary School

At Wren's Nest we believe children should leave Primary School not only well prepared for the academic challenges ahead but also equipped for everyday life. Our Life Lessons programme is designed to build practical skills and confidence from an early age. Each strand has a specific purpose:

1. Economics & "Money Monday"

Children will learn about saving, spending, and the value of money. This will help the children:

- Develop healthy attitudes towards budgeting and saving.
- Understand real-world concepts like needs vs. wants, which supports later independence.
- Build early numeracy skills through practical application.

2. Mini First Aid

Basic first aid training empowers children to:

- React calmly in emergencies—knowing how to call for help or care for minor injuries.
- Build empathy and a sense of responsibility for others.
- Gain confidence in their ability to keep themselves and friends safe.

3. Life Skills: Hygiene, Time, and Makaton

- Hygiene: Good personal hygiene habits reduce illness, promote self-respect, and create a healthy school environment.







Big Ideas

- Money Awareness
- Value of Work
- Emergency Response
- Basic First Aid
- Personal Hygiene
- Time Management
- Healthy Habits
- Respect & Inclusion (Makaton)
- Problem-Solving & Decision Making
- Community Responsibility



Content and Sequencing

- ✓ **EYFS** - In EYFS, our Life Skills sessions give children a brilliant start in understanding the world around them. They explore **time** through fun "before and after" activities, learn to **manage personal hygiene** and practise **getting dressed independently**, building confidence and self-care from an early age. Through **Makaton and basic communication**, they develop inclusive ways to express themselves, while **Mini First Aid** introduces caring for their bodies with lively songs and rhymes. Children also discover the vital work of **paramedics**, inspiring respect and curiosity about real-life heroes who help keep us safe.
- ✓ **Years 1 and 2** - In Key Stage 1, our Life Skills sessions build independence and practical know-how in exciting, age-appropriate ways. Children learn to **keep cuts and grazes clean** to prevent infection and practise the **recovery position through song**, making safety memorable and fun. They master the **days of the week** and begin **telling the time**, gaining confidence in daily routines. Lessons in **sun safety** highlight how to protect their bodies outdoors, while practical skills like **using a knife and fork** encourage good table manners and coordination. We also explore **household dangers, including medicines**, helping children recognise risks and make sensible choices at home and beyond.
- ✓ **Years 3 and 4** - In Years 3 and 4, Life Skills lessons take a big step forward, helping children grow into thoughtful, capable young people. They explore **economics**, learning how people make decisions about spending, how **adverts influence choices**, and why it's important to **track their own spending**. In maths-linked sessions, they discover **Roman numerals** while working with hours, minutes, and seconds, making timekeeping fun and practical. Children also build independence by **washing up and helping at home**, practise **good manners in public**, and deepen their understanding of **what makes a healthy lifestyle**, from balanced food choices to regular activity and positive routines. Our **Mini First Aid** sessions expand to include **bumps, burns, breaks, and bleeding**, giving pupils the confidence to stay calm and respond safely in real-life situations.
- ✓ **Years 5 and 6** - In Years 5 and 6, Life Skills lessons prepare children for the transition to **high school** and the wider world. In **economics**, they explore the **skills needed for different jobs**, why people choose to work, and how a **positive attitude**

<ul style="list-style-type: none">Time Management: Understanding clocks, routines, and planning ahead helps children meet deadlines and handle the greater independence of secondary school.Makaton (basic sign language): Learning simple signs fosters inclusion and communication, allowing children to interact with peers or family members who use sign support.		<p>toward learning leads to success and new opportunities. Problem-solving grows more advanced with lessons on time management and reading two-way timetables, building independence and confidence. Children learn about puberty and the importance of personal hygiene, as well as developing good screen habits to stay healthy in a digital age. Mini First Aid training takes a major step forward too, introducing CPR and teaching how to respond to common injuries and head injuries, ensuring pupils are ready to act responsibly in emergencies.</p>	
<div></div> <p>Cross curricular links</p> <ul style="list-style-type: none">✓ Direct links with:<ul style="list-style-type: none">○ PSHE○ British Values○ Religious Education○ Computing○ History○ English○ Maths○ Enrichment activities e.g. Healthy Living Days✓ Wren's Nest Schema Webs of Food, Fashion and Technology.	<div></div> <p>Retrieval</p> <ul style="list-style-type: none">✓ Big Questions✓ Debates✓ Quizzes✓ Tasks and activities✓ Schemas✓ Wow Days✓ Assemblies✓ Hinge Questions	<div></div> <p>Progress</p> <ul style="list-style-type: none">✓ Low-stake quizzes✓ Hinge Questions✓ Formative assessments✓ Children's books✓ Increase in the use of appropriate language when speaking to friends and teachers✓ Good hygiene✓ Increased confidence and resilience✓ Floorbooks	<div></div> <p>Support</p> <ul style="list-style-type: none">✓ Inclusion for all children.✓ Learning Mentor Team✓ Children in provision sets to access strength lessons in year groups✓ Groups across school✓ Adult support in the classrooms✓ Collaborative work with North Dudley Schools✓ CPD for staff✓ High quality resources