



Topic: PSHE

Term: Autumn 1

Year: Unit 2




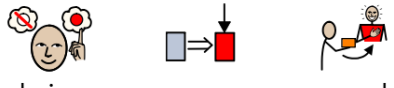

Duration: 6 weeks

The Powerful Knowledge we will take away from this PSHE Puzzle:

 Knowledge	 Social and Emotional Skills
I will... <ul style="list-style-type: none"> understand that I can always make choices and that my choices have consequences. talk about the rights and responsibilities of being a member of a class. know when and how to ask for help. 	I will ... <ul style="list-style-type: none"> know what I can do to make the class a safe place for everyone, talk about what it's like to feel proud of an achievement, notice my feelings linked to positive and negative consequences.

What I already know:

You will have already experienced what makes us special and to notice how we are all similar and different. We will know how to demonstrate kindness in different ways so that everyone can make friends, feel safe and learn to play together. We will understand our experiences of feeling happy and sad.

Our Key Vocabulary	Meaning
 feelings	We all have feelings. Our feelings help us understand our thoughts and actions at different times depending on what is happening to us. Our bodies show feelings in different ways.
 Pride Disappointed Calm Upset	<p>Pride is feeling deep satisfaction and pleasure in your achievements.</p> <p>Disappointed is feeling sad or displeased because someone or something has failed to fulfil your hopes or expectations.</p> <p>Calm is the absences of all strong feelings.</p> <p>Upset is the state of feeling sad, worried or disappointed.</p>
 safety	Safety is about being protected from being hurt or harmed in any way. It is important for us to know how to keep our bodies and emotions safe and what to do if we are NOT safe.
 choices consequences rewards	<p>Choices are about the ability to select an option from two or more options.</p> <p>Consequences are the outcomes of our choices.</p> <p>Rewards are awards given in recognition of effort and achievement.</p>
 rights responsibilities	We have a right for our things and ourselves to be safe. We are responsible for looking after each other, all creatures and our belongings.



Family Talk Time Learning:

Tell each other what they do that makes you feel proud of them?

Explore how the words and actions of others can make us feel inside.

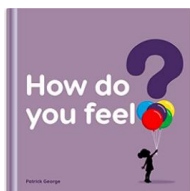
What helpful choices can you make at home and at school that demonstrate kindness and co-operation?

Identify who we can talk to within our home, family, and local community if we are feeling unsafe or worried about something.

Ask your child to tell you about Jerry Cat and what he teaches us how to be calm.

Texts that Teach:

How do you feel? written and published by Patrick George



Personal reflections: Ask and tell yourself...

What do you do in class and at home to help other people?

What does it feel like to be safe?

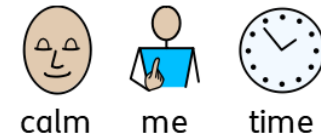
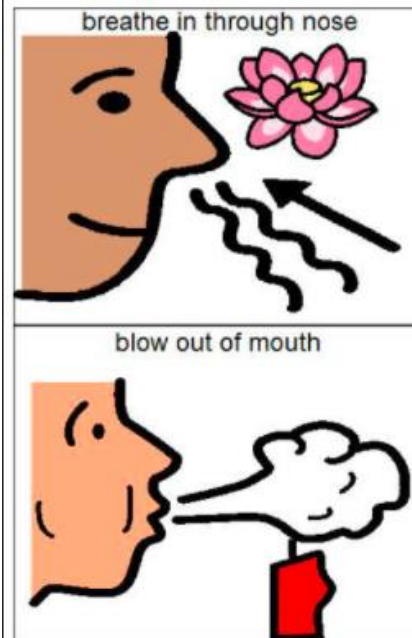
Who would you talk to if you had a worry or felt unsafe?

Where in your body do you feel pride? Can you make a proud face?

I have a right to learn, to feel respected and understood.



Mindfulness Activities to try:



Notice how your chest and tummy move as you breath in and out.

Practice sitting still and looking at pictures that help you to feel calm.

