




Topic: PSHE

Term: Autumn 1

Year: Unit 3


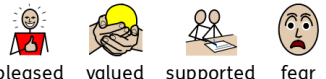



Duration: 6 weeks

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

 Knowledge	 &  Skills
I will... <ul style="list-style-type: none"> <li>understand that I am important and that I can face challenges positively,</li> <li>know why rules are needed and how these relate to choices and consequences,</li> <li>know that others can hold different views to my own and relate these to our school values.</li> </ul>	I will ... <ul style="list-style-type: none"> <li>recognise my own self-worth and identify personal strengths,</li> <li>recognise feelings of happiness, sadness, worry and fear in ourselves and in others, know how to make others feel cared for and welcome.</li> </ul>

## What I already know:

You will have already experienced how to talk about your hopes and fears for the year ahead, making choices and the consequences of making different choices. You will know how to work collaboratively and how you can contribute to making the class a safe and fair place where everyone can learn. You will have experienced having your achievements recognised and know when and how to ask for help when you are feeling worried.

Our Key Vocabulary	Meaning
 feelings and emotions	Our feelings help us understand our thoughts and actions at different times depending on what is happening to us. Emotions are instinctive responses based on our circumstances, mood and relationships with others.
 pleased valued supported fear	<b>Pleased</b> – showing pleasure and satisfaction in one's achievements or situation. <b>Valued</b> – feeling important and cherished for who you are. <b>Supported</b> – giving or receiving encouragement and help to succeed. <b>Fear</b> is an unpleasant emotion caused by the threat of danger, pain, or harm.
 choices fairness co-operation solutions	<b>Choices</b> are about the ability to select an option from two or more options. Fairness is the quality of treating people equally or in a way that is right and reasonable. <b>Co-operation</b> is the actions of people working towards the same goal. <b>Solutions</b> – finding ways to solve a problem or deal with a difficult situation.
 challenges opinions views	<b>Choices</b> are about the ability to select an option from two or more options. <b>Consequences</b> are the outcomes of our choices. <b>Rewards</b> are awards given in recognition of effort and achievement.
 rights responsibilities	We have a <b>right</b> for our things and ourselves to be safe. We are <b>responsible</b> for looking after each other, all creatures and our belongings.



### Family Talk Time Learning:

In what ways do we value and support each other within our family?

How does the mood of different people change our shared approach to solving the challenges we experience?

What rules do we have within our home and how do these help us?

How do we celebrate our achievements?

### Texts that Teach:

**Rules and Responsibilities (Together in Our World)** by Louise A Spilsbury and Hanane Kai



### Personal reflections: Ask and tell yourself...

What would your 'nightmare' school look, sound and feel like?

What would your 'dream' school sound and look like?

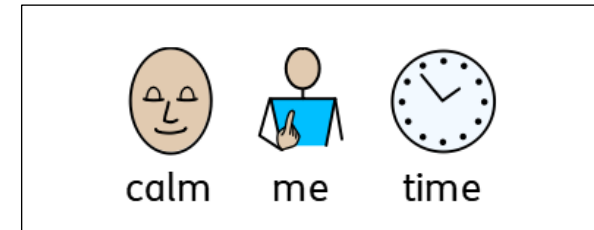
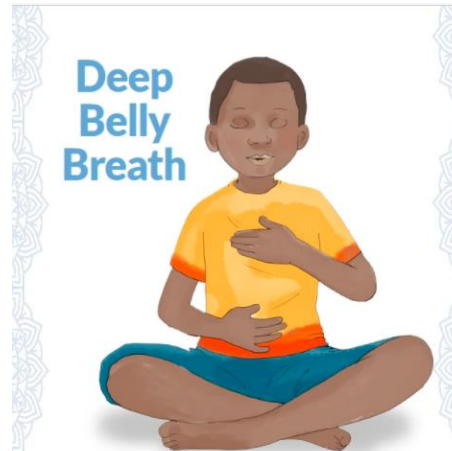
What are emotions? How many different emotions can you name?

What choices have you made today that have led to positive rewards?

I am important and can achieve anything I put my mind, effort and attention to.



### Mindfulness Activities to try:



Practice sitting still and quite and notice what you can hear, feel, taste and smell?

### How to practice Deep Belly Breath

Place your right hand on your belly and your left hand on your chest. Take a deep breath in for four counts then exhale through your nose for four counts, with your lips closed. Feel the rise and fall of your chest and belly. If you're on your back, you could place an object, like a stuffed animal, on your stomach to help you feel (and see) the rise and fall of your belly. Do this deep belly breathing for a few minutes.