



Topic: PSHE



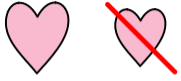


Term: Summer 1

Year: Unit 2

Duration: 6 weeks

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

 Knowledge	 Social and Emotional Skills
<p>I will...</p> <ul style="list-style-type: none"> Know that everyone's family is different Know that families are founded on belonging, love and care Know that physical contact can be used as a greeting Know how to make a friend Know who to ask for help in the school community Know that there are lots of different types of families Know the characteristics of healthy and safe friends Know about the different people in the school community and how they help 	<p>I will ...</p> <ul style="list-style-type: none"> Can express how it feels to be part of a family and to care for family members Can say what being a good friend means Can identify forms of physical contact they prefer Can say no when they receive a touch they don't like Can show skills of friendship Can praise themselves and others Can recognise some of their personal qualities Can say why they appreciate a special relationship

Our Key Vocabulary	Meaning
 belonging, love care	Belonging is a happy, comfortable feeling that you are connected to the place and people around you because they care, love and accept you for who you are. When you feel like you belong, you feel included by your friends, family and community.
 greeting	A greeting is something friendly or polite that you say or do when you meet or welcome someone. A greeting should show respect for another person's personal boundaries – not everybody likes to hug or be touched.
 Like Dislike	It is ok to say that you like or dislike something. If you like something, it means that approve of the words or activity. If you dislike something, it means that you do not like the words or activity.
 Confidence Self-belief	Confidence is the quality of being certain about your abilities and have trust in the people, plans or future. Self-belief is a bit like having confidence in your abilities. You know that you can do something and believe in yourself.
 Appreciate	When you appreciate something or someone, it means that you recognize how good they are and that you value them. You can show someone you can show this by saying thank you, tell someone what they are doing well or show that you are grateful for something.

What I already know: You will have already learned about how to form good relationships with your friends and family. You will know what words and actions to expect from a good friend or family member and have practiced saying sorry to each other if you or others have been hurt or upset.

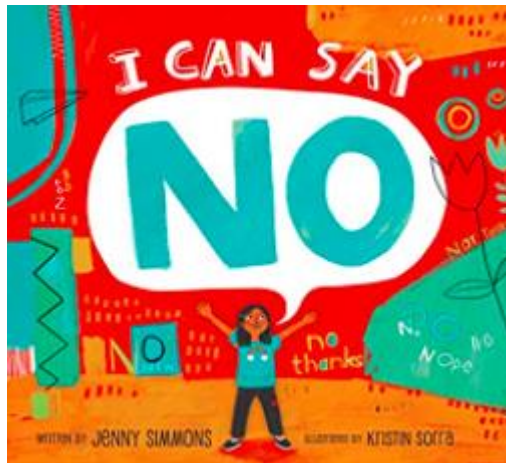


Family Talk Time Learning:

- Who is in our family? Do any of your friends have a family that is different?
- What does 'being a good friend' mean?
- Who are you good friends with?
- Who do you / don't you hug?
- Who can you ask for help at school?

Can we share what we both like best about our family, and what we are grateful for?

Texts that Teach:



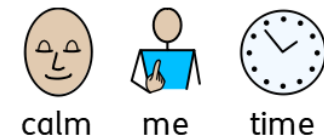
Personal reflections: Ask and tell yourself...



Be your own best friend.

What makes you incredible?

Mindfulness Activities to try:



Pretend your mind is like a computer and save pictures of you and your family doing things that you enjoy together.