

Me and my relationships

PSHE

Legacy and Significance

The lasting impact and importance of a person, event, object, or idea.

Prior Knowledge

Reception: Children will have covered the Reception unit of learning. This unit included discussion about family, who can help us and our feelings.

In Year 1, the children thought about the importance of classroom rules, the different feelings that we have and how this feels in our bodies. They also identified people that are special to them including friends and what good listening skills are.

Future learning

You will revisit this and extend your learning in Key Stage 2



My Component Knowledge:

Lesson 1: I can explain why we need classroom rules.

Lesson 2: I know how to be a good listener.

Lesson 3: I can talk about different emotions.

Lesson 4: I can identify a range of feelings.

Lesson 5: I can suggest ways to help someone who is hurt.

Lesson 6: I know what makes a good friend.

My Composite Knowledge:

I know that we need school rules in order to keep safe. I know that emotions are changeable and that we feel a range of different emotions. I know what qualities a good friend has.

My Powerful Knowledge:

I understand that I can feel a range of emotions and can try to help others who are feeling negative emotions. I know that classroom rules are in place to help us stay safe and to ensure that we are all treated with respect.

Key Vocabulary

Tier 1: class, friends, happy, sad.

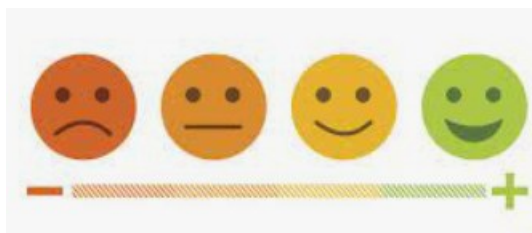
Tier 2: rules, safe, environment, learning, listening, attention, feelings, angry, tired, emotions, rest.

Tier 3: body language, physical reaction, self-care.



How can we help someone who is feeling sad?

How can we tell how someone is feeling?



What is body language?