

Caroline Haslett Primary School		
PSHE	Year 1	Dear diary
Knowledge - what I already know		Vocabulary
<ul style="list-style-type: none"> • I know some helpful adults in school and at home • I know that I can worry about things I'm unsure of • I can think of some things that make me feel proud • I know some people that love me and care for me 		
Knowledge - what I will know by the end of this unit		
<ul style="list-style-type: none"> • To know who to ask for help • To recognise when we feel loved and cared for • To understand what proud and jealous emotions feel like • To understand how our thoughts, feelings and behaviours are linked • To know some ways that we can deal with worries • To be able to support each other 		<ul style="list-style-type: none"> • Community - the people that work and live around us • Love - Someone who is very important to you in someone you love • Care - to look after someone or something • Safe - the opposite of dangerous, not at risk of harm • Secure - something that will always be safe • Uncomfortable - making you feel awkward or unhappy in a situation • Proud - a feeling of great happiness when you've achieved • Jealous - to want what someone else has • Lonely - to feel like you have no friends or no one likes you • Belong - to feel like you are part of a groups of people • Accept - to receive something or believe something new • Include - To be part of something • Exclude - To not allow everyone to be part of something • Support - to help someone achieve something
Activities		
<ul style="list-style-type: none"> • Show pictures of different people in the community and thought shower how they could be helpful. What would happen if these people weren't there? Do they wear special clothes? Why? • Draw someone who is close to them or special to them. Write why they are special. • Talk about time you felt proud or jealous. How did it feel? • SEAL document Blue book page 8-9 • SEAL document blue booklet page 18- 24 		
Skills		
<ul style="list-style-type: none"> • Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues • Agree to follow rules for group and classroom and understand how rules help them. • Recognise the choices they make and recognise the difference between right and wrong. • Recognise the effect of their behaviour on other people and cooperate with others. • Can explain different ways that family and friends should care for one another. 		