



Key Vocabulary	
rules	Things we do to keep safe.
listening	Looking at and understanding someone speaking
feelings	Something we feel on the inside of ourselves
friendship	People we have fun with, share, laugh and play with
polite	Good manners and respect with others

Prior Learning – sticky Knowledge I have.

To show my feelings and give simple reasons about why I feel that way. Name some common feelings: surprised, excited, frustrated, upset, cross, lonely, worried. To say 'please', 'thank you' and 'excuse me.' To behave appropriately and follow with the class rules. To be friendly and kind to my friends.

What I will learn – new sticky knowledge.

1. Classroom rules help everyone to learn and be safe.
2. If we listen carefully it can help us with our friendships.
3. We can tell people how we feel and show how we feel using our face and body.
4. We can talk to trusted adults about our feelings, and that these people can help us too
5. We can have lots of different feelings and these feelings can affect our bodies. Our bodies might feel sweaty or turn red, we might feel sick or have tummy ache or need the bathroom.
6. Good friends share, take turns, are kind, don't leave people out and play together nicely. Good friends say sorry and shake hands if they fall out.

Key Questions

1. Why do we have classroom rules?
2. Why is listening important?
3. How do we show our feelings?
4. Should I share my feelings?
5. How do feelings affect me?
6. What makes a good friend?

Challenge

What you can do if you have not so good feelings?

Cues for Good Listening



**Key Vocabulary**

healthy	To feel well and not be ill by looking after ourselves
energy	Being able to grow, move and complete activities
hygiene	Washing and using tissues to stop ourselves getting ill
disease	Illness that makes us feel sick and poorly
support	Helping others to get better and feel happy

Key Questions

1. What is healthy eating?
2. How do I eat well?
3. Why do we wash?
4. Can you catch a cold?
5. How do we learn?
6. Why give people praise?

Challenge

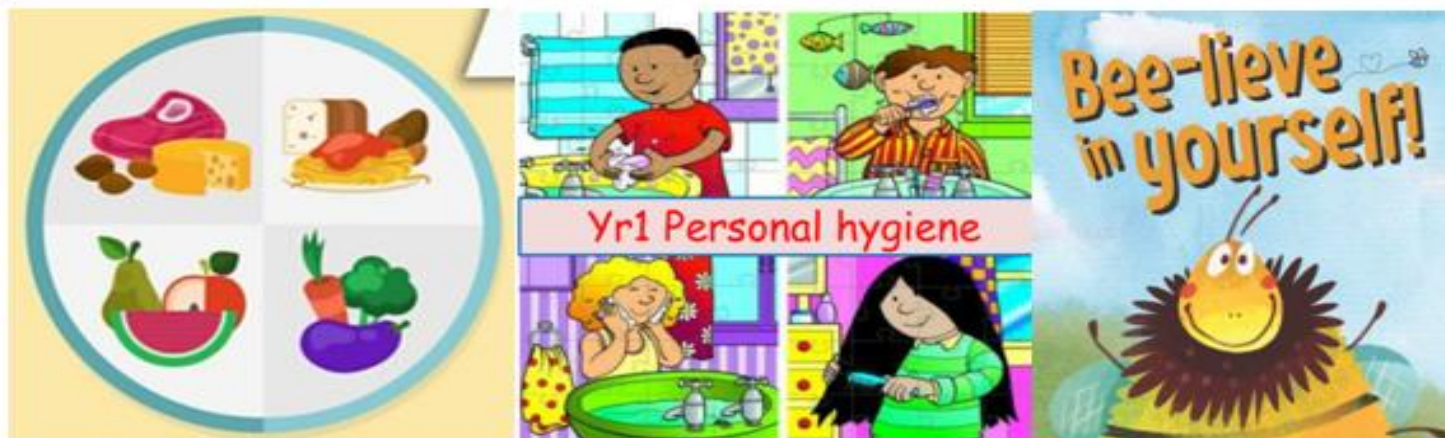
What can you do to help yourself when you are finding something hard?

Prior Learning – sticky Knowledge I have.

I understand the importance of sleep and sleep routines.
Discuss healthy food choices and sort healthy foods from less nutritional food.
Talk about why it is important to wash and dry my hands thoroughly
Talk about the importance of physical activity on our body and mind.

What I will learn – new sticky knowledge.

1. Different foods do different jobs for the body. We need different types of food to keep our body as healthy. Starchy foods give us energy. Dairy foods keep our teeth and bones strong. Protein helps our muscles. We should eat at least five portions of fruit and veg each day.
2. Sometimes we need to choose things that are healthy to eat even though they may not be our favourite to stay healthy.
3. Daily washing is important to keep us healthy.
4. Some diseases are caused by germs and can be spread from one person to another such as colds and chicken pox. Using a tissue and washing our hands can help to stop germs spreading.
5. Learning new skills takes practise. If we keep trying we can do it. Some new skills are easy and some are hard. We feel proud when we learn a new skill.
6. Help and praise encourages us to learn new skills. Friends, family and teachers can support us to learn new things.



**Key Vocabulary**

Respect	Excepting someone for who they are, even when they are different from ourselves.
difference	Not the same
bully	Someone who upsets or hurts someone on purpose again and again
rules	A guide on what to do or what not to do
fair	Everyone is treated in the same way

Key Questions

1. Are we all the same?
2. Unkind, tease or bully?
3. Why do we have school rules?
4. What is fair?
5. Who are our special people?
6. What is respect?

Challenge

Why is it important to show respect to others?

Prior Learning – sticky Knowledge I have.**EYFS**

I am able to look after myself and others. I have a strong sense of who I am. I am a critical thinker. Demonstrate a strong sense of identity and an appreciation of diversity and show empathy toward others who have different ideas and/or interests. Name three things to do to calm their feelings

What I will learn – new sticky knowledge.

1. There are similarities and differences between people. There are physical differences like eye colour, we have different religions or friendship group, different hobbies and different likes and dislikes. These differences should be respected.
2. Bullying is quite rare. There is a difference between bullying, unkindness and teasing. Bullying is someone upsetting or hurting you many times on purpose.
3. We have school rules to keep everyone happy and safe. We follow the golden rules.
4. Words and actions can be fair or unfair, kind or unkind. We should always be fair and kind.
5. We all have special people with qualities that we feel are important, such as kindness or caring.
6. Showing respect means caring for how a person feels and everyone has the right to feel respected.



Golden Rules

Move quietly and sensibly around school

Be respectful and kind towards other people's beliefs and feelings.

Stand silently in a space when the whistle goes.

Look after the school premises and school resources

Wear our uniform with pride and take care of your belongings

Keep your hands and feet to yourself



We are international learners

**Key Vocabulary**

sleep	To fully rest with your eyes closed.
unsafe	Something that makes me feel worried or is dangerous
appropriate	Safe and right
medicine	A drug that helps us get better when we are ill
loss	Having lost something

Key Questions

1. Why do we need a good night's sleep?
2. How do I know I feel or am unsafe?
3. What does PANTS stand for?
4. How can I stay safe online?
5. What are medicines?
6. What is loss?

Challenge

What happens to our bodies when we are nervous, anxious or unsafe?







Prior Learning – sticky Knowledge I have.**EYFS**

I should wash and dry my own hands. I should keep my hands and feet to myself. I can make choices about where to play. I can ask for help when in a conflict.


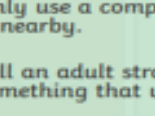
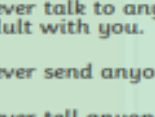
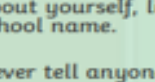

What I will learn – new sticky knowledge.

1. Sleep is important and an important part of a healthy life style. When we are tired we yawn and have less energy. Children age 5 should have 11 hours sleep.
2. Feeling hot, sick, sweaty are clues that we feel unsafe and we should tell a trusted adult or friend.
3. Private parts are private. Touches can be appropriate and inappropriate.
4. The internet can be useful but also dangerous. Not everything on the internet is true. Pictures can be changed to make people look better.
5. Medicines can sometimes help people feel better when they are ill. Taking too much medicine can make people feel poorly. Adults need to look after medicines.
6. It is upsetting to lose something. Sometimes we lose things and find them but sometimes they are lost forever.

Bedtime Routine

	Bath	<input type="checkbox"/>
	Put on PJS	<input type="checkbox"/>
	Snack	<input type="checkbox"/>
	Brush Teeth	<input type="checkbox"/>
	Read Story	<input type="checkbox"/>
	Bedtime	<input type="checkbox"/>

**Being Safe Online**

-  Only use a computer when an adult is nearby.
-  Tell an adult straight away if you see something that upsets you.
-  Never talk to anyone online without an adult with you.
-  Never send anyone your picture.
-  Never tell anyone personal information about yourself, like your address or school name.
- Never tell anyone your password.



**Key Vocabulary**

behaviour	My actions and how I show my feelings
environment	Everything in the world around us
caring	Looking after others and being kind and helpful
money	Something we use to buy things we need or want
First-aid	Help given to someone who is hurt or unwell

Key Questions

1. How do I affect others?
2. What is the environment?
3. Why should I care?
4. How do we get money?
5. How do we keep money safe?
6. How do I make an emergency call?

Challenge

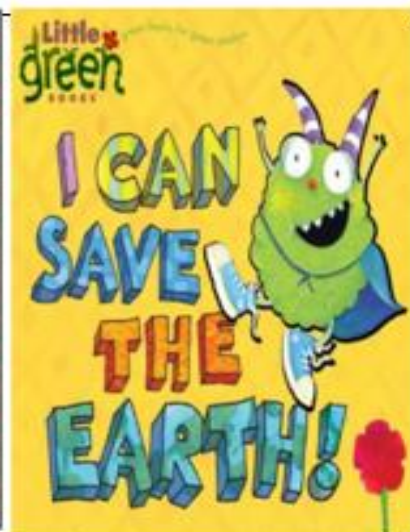
What you can do you look after? How do you do this?

Prior Learning – sticky Knowledge I have.

Discuss the consequences of my behaviour.
Identify and model kind and considerate behaviour to both staff and peers.
Show understanding of another child's perspective in discussion.

What I will learn – new sticky knowledge.

1. My behaviour can make other people feel happy or sad.
2. The *environment means everything in the world around us which can affect our lives*. Head teachers and teachers do things to improve the school environment to help us learn. Everybody has a duty to look after the school environment.
3. Caring for something is a responsibility. We should take special care of other people's things if using them.
4. Money can come from a range of sources, like gifts, pocket money, jobs and pensions. People make different choices about how to save and spend money.
5. It is important to keep money safe. Money can be kept safe in a purse or wallet, money box, safe or bank.
6. In an emergency we can dial 999 to ask for the police, a fire engine or an ambulance. Tell the operator your name, where you are and what the emergency is. Listen carefully and follow their instructions.





Key Vocabulary

Exercise	Being active to stay healthy
oxygen	A gas in the air we need to breathe
toddler	A child aged between 1 and 3 years
sibling	brother or sister
secret	Something you mustn't tell others

Key Questions

1. How do we stay healthy?
2. How have I changed?
3. What do babies need?
4. What is bullying?
5. Should I keep a secret?
6. What are my private parts?

Challenge

How many body parts can you name?

Prior Learning – sticky Knowledge I have.

Discuss healthy food choices and sort healthy foods from less nutritional food. Talk about the importance of physical activity on our body and mind. Understand the importance of sleep and sleep routines. Talk about the role of the dentist, what happens when you go to the dentist and why it is important to have your teeth checked.

What I will learn – new sticky knowledge.

1. To stay healthy: have a good night's sleep; eat healthy meals and snacks; exercise every day; wash hands before eating meals and after going to the toilet; clean teeth twice a day.
2. Stages of growing include baby, toddler and child. A baby needs a parent to care for them. As we grow we can do more things for ourselves.
3. Babies mostly sleep and eat. To meet the basic needs of a baby a carer has to feed, change, wash, dress and cuddle them. Babies can be hard work because they need a lot of attention.
4. Bullying is not when someone is unkind or teases someone. Bullying is where someone is repeatedly unkind or hurtful to someone. It is not a one off. If you are being bullied or see someone being bullied you should always tell a trusted adult who can help.
5. Sometimes grown-ups ask children to keep something a secret. If it is a nice secret, like a surprise that everyone will know about soon then that is ok. If the grown-up asks a children to keep a secret and never to tell anyone, then they should not keep the secret; they should definitely tell someone.
6. The parts of my body covered by underpants and underwear are private. When we use the toilet we should shut the door.

