

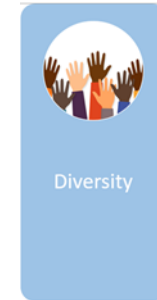
Subject: PSHE

Year group: 1

Term: Summer

Unit name: Growing and changing. Recognising what makes them unique and special. Managing feelings

Notes:



Main concepts:

- To recognise what makes them special and unique including their likes, dislikes and what they are good at
- To know how to manage and whom to tell when finding things difficult, or when things go wrong
- To know how they are the same and different to others
- To know about recognising different kinds of feelings in themselves and others.
- To understand how feelings can affect how people behave

Prior knowledge. Children should already...

- Begin to know how they have changed from being a baby to being a child.
- Have transitioned through their first class change.
- Begun to recognise that they can have positive and negative feelings.

Key vocabulary

Male, Female, Learn, New, Grow, Feelings, Anxious, Worried, Excited,  
Coping, Emotions, Comparing, Sharing, Unique, Special, Like, Dislike, Enjoy,  
Positive, Negative.

How the children are to be taught this.

Use teacher judgment to decide whether this should be blocked to a day or taught over smaller sessions, dependent upon the cohort.

Use opportunities from the class (e.g. play time/lunch time) as real life examples for managing feelings.