

# Year 1 PSHE: Relationships -Beginning and Belonging

## Learning to Recap:

- Our school is called Godmanchester Community Academy
- We work hard and show kindness.
- A range of emotions: happy, sad, angry, excited
- Feeling linked to these emotions: hot, butterflies, lonely, tired, jumpy
- Other people have feelings and our actions can affect them

## New Knowledge and Vocabulary

| British Values             | Tolerance and Individual Liberty   |
|----------------------------|--|
| Belonging                  | Feeling happy and secure in a group  |
| Our school community       | We all belong to our school community and our class community. Hard work and kindness are our values.  |
| Feelings                   | Reactions to an emotion: scared, nervous, excited  |
| Making people feel welcome | Smile—be kind and caring<br>Talk—tell them about you, ask about them<br>Play—let them join in<br>Help—show them  |
| Making people feel better  | Smile—be kind and caring<br>Listen— find out why they feel upset or worried<br>Tell—share with an adult who could help<br>Play—let them join in  |
| Calming down               | Stop— walk away<br>Wait—count to 10 and breath<br>Tell—tell someone what made you feel angry or upset  |
| Asking for help            | If we ever feel upset, worried or unsure, we should ask for help. <ul style="list-style-type: none"> <li>• Find a trusted adult</li> <li>• Talk to them about our feelings</li> <li>• Listen to their answers</li> </ul> |
| My network                 |  <p>2x adults at school; 2x adults at home (outside of school); 1x friend</p>   |



Book to share



## Application of knowledge

### Stem sentences for discussion:

- I feel happy in school when ....
- I am similar to ..... but different ..... because
- When we first start school we can feel ....
- To make someone feel welcome we can.....
- To make someone feel better we can .....
- To calm down I can .....

**Create a network hand featuring trusted adults who could help.**

**Record role play how to make someone feel welcome and to feel better when in a new situation using a puppet and then groups of 3.**

**Because, but .....**

My network is important because...

My network is important but...