

## Myself and My Relationships 1

### Beginning and Belonging (NB, GFG)

- How am I special and what is special about other people in my class?
- What have I learnt to do and what would I like to learn next?
- How do we welcome new people to our class?
- What can I do to make the classroom a safe and happy place?
- How can I play and work well with others?
- How can I respect the needs of others?
- How does my behaviour make other people feel?

- Belonging in the class
- Likes and dislikes
- Similarities and differences
- Setting goals
- Recognising feelings
- Communication and cooperation
- Ground Rules
- Rights Rules and Responsibilities
- Right and wrong
- Fair and unfair

## Myself and My Relationships 2

### My Family and Friends - Including Anti-bullying (GOFO, SNTB)

- Who are my special people and why are they special to me?
- Who is my family and how do we care for each other?
- What is a friend?
- How can I be a good friend?
- How do I make new friends?
- How can I make up with friends when I have fallen out with them?
- How does what I do affect others?
- Do I know what to do if someone is unkind to me?

- Valuing difference and diversity
- Kind and unkind behaviour
- Bullying
- Conflict resolution
- Asking for help and telling
- Being assertive
- Safety Circle
- Supporting others

## Myself and My Relationships 3

### My Emotions (C, R, GTBM)

- Can I recognise and show my emotions?
- Can I recognise emotions in other people and say how they are feeling?
- Do I know what causes different emotions in myself and other people?
- How do I and others feel when things change?
- Do I know simple ways to make myself feel better?
- How can I help to make other people feel better?

- Identifying and managing emotions
- Feelings, thought and behaviour
- Fair and unfair
- Loss and change
- Empathy

## Citizenship 1

### Identities and Diversity

- Who are the people in my class and how are we similar to and different from each other?
- Who are the different people who make up a family?
- What things are especially important to my family and me?
- What are some of the similarities and differences in the way people including families live their lives?
- How can we value different types of people including what they believe in and how they live their lives?
- How do we celebrate what we believe in and how is this different for different people?

- Similarities, difference and diversity
- Respecting and valuing others
- The way we live
- Neighbourhood
- Our beliefs
- Routines, customs and traditions
- Culture, race and religion

## Citizenship 2

### Me and My World

- Who are the people who help to look after me and my school?
- How can I help to look after my school?
- How can I help to care for my things at home?
- Where do I live and what are the different places and features in my neighbourhood?
- Who are the people who live and work in my neighbourhood including people who help me?
- How can we look after the local neighbourhood and keep it special for everybody?
- What do animals and plants need to live and how can I help to take care of them?
- What is money and why do we need it?
- How do we save money?

- People and places
- Family, school, neighbourhood
- Jobs, roles and responsibilities
- Helping and working together
- Caring for living things
- Local environments
- Money

## Healthy and Safer Lifestyles 1

### My Body and Growing Up

- What does my body look like?
- How has my body changed as it has grown?
- What can my body do?
- What differences and similarities are there between our bodies?
- How can I look after my body and keep it clean?
- How am I learning to take care of myself and what do I still need help with?
- Who are the members of my family and trusted people who look after me?
- How do I feel about growing up?

- Valuing the body
- Body parts
- My teeth
- Shapes and sizes
- Self care skills
- Change and responsibilities

## Healthy and Safer Lifestyles 2

### Keeping Safe (Including Drug Education)

- What do I think I have to keep safe from?
- How do I know if something is safe or unsafe?
- Do I understand simple safety rules for when I am at home, at school and when I am out and about?
- Can I say 'No!' if I feel unsure about something and it does not feel safe or good?
- Can I ask for help and tell people who care for me if I am worried or upset?
- Who are the people who help to keep me safe?
- What goes on to and into my body and who puts it there?
- Why do people use medicines?
- What are the safety rules relating to medicines and who helps me with these?

- Assessing risk
- Personal safety skills
- Safety Circle
- Good and bad secrets
- Good and bad touches
- Real and pretend
- Lost and found
- Road Safety
- Safe use of medicines
- Medicines, pills, injections

## Healthy and Safer Lifestyles 3

### Healthy Lifestyles

- What things can I do when I feel good and healthy?
- What can't I do when I am feeling ill or not so healthy?
- What can I do to help keep my body healthy?
- Do I understand why food and drink are good for us?
- Do I understand what exercise is and why it is good for us?
- Do I understand why rest and sleep are good for us?

- Healthy Choices
- My teeth
- Food and drink
- Exercise
- Rest and sleep
- Leisure time