


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

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 Talk—tell them about you, ask about them Play—let them join in Help—show them
Making people feel better	Smile—be kind and caring Listen— find out why they feel upset or worried Tell—share with an adult who could help Play—let them join in
Calming down	Stop— walk away Wait—count to 10 and breath 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"> • Find a trusted adult • Talk to them about our feelings • Listen to their answers
My network	 <p>2x adults at school; 2x adults at home (outside of school); 1x friend</p>



Because, but, (therefore)...

My network is important because...

My network is important but...

Application of knowledge

Participate in circle time discussions about belonging, welcoming, asking for help and calming down

Create a network hand(s) featuring trusted adults who could help