

Knowledge - what I already know

I know some helpful adult in school and at home
 I know that I can worry about things I'm unsure of
 I can think of some things that make me feel proud
 I know some people that love me and care for me

Knowledge - what I will know by the end of this unit

To know who to ask for help
 To recognise when we feel loved and cared for
 To understand what proud and jealous emotions feel like
 To understand how our thoughts, feelings and behaviours are linked
 To know some ways that we can deal with worries
 To be able to support each other

Useful vocabulary

Community - the people that work and live around us
Love - Someone who is very important to you in someone you love
Care - to look after someone or something
Safe - the opposite of dangerous, not at risk of harm
Secure - something that will always be safe
Uncomfortable - making you feel awkward or unhappy in a situation
Proud - a feeling of great happiness when you've achieved
Jealous - to want what someone else has
Lonely - to feel like you have no friends or no one likes you
Belong - to feel like you are part of a groups of people
Accept - to receive something or believe something new
Include - To be part of something
Exclude - To not allow everyone to be part of something
Support - to help someone achieve something

Activities

- Show pictures of different people in the community and thought shower how they could be helpful. What would happen if these people weren't there? Do they wear special clothes? Why?
- Draw someone who is close to them or special to them. Write why they are special.
- Talk about time you felt proud or jealous. How did it feel?
- SEAL document Blue book page 8-9
- SEAL document blue booklet page 18- 24

Skills

- Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues
- Agree to follow rules for group and classroom and understand how rules help them.
- Recognise the choices they make and recognise the difference between right and wrong.
- Recognise the effect of their behaviour on other people and cooperate with others.
- Can explain different ways that family and friends should care for one another.

