

Knowledge - what I already know

I know some people I can go to if I need help.
I know some ways to support others

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

To know where to go for help
To understand what taking responsibility means
To know how to make wise choices
To appreciate the feeling of loss
To recognise some ways we can deal with worries
To know ways of supporting each other.

Useful vocabulary

Personal safety - personally avoiding harmful situations
Fault - responsibility for an accident or misfortune
Guilty - responsible for wrongdoing
Ashamed - embarrassed or guilty about someone's actions
Regret - sad and disappointed about something that has happened
Remorse - deep regret or guilt for wrong doing
Amends - to compensate or make up for something
Conscience - a moral sense of right and wrong
Loss - the fact or process of losing something or someone
Funeral - a ceremony of saying goodbye to someone who's died
Proud - feeling of pleasure and satisfaction of an achievement
Remember - to be able to bring to mind moments from the past
Teasing - to make fun of or provoke someone
Healing - to make healthy or well again

Activities

- Visit from the police or paramedics service to discuss how they keep society safe and how we can use them.
- Discussion point - does guilt have a purpose? Does it alert to something we've done? How can we make amends?
- Role play in groups of 3 - one person is thinking about making a choice. Another person is trying to persuade them to make the wrong choice and the other is trying to persuade them to make the right choice. Playing their conscience. What role does our conscience play?
- Discussion point - how do we feel when we lose something we love? Why do we feel like this?
- Discussion point - What's the difference between physical hurt and emotional hurt?
- Write a diary entry about when we've felt hurt in different ways.

Skills

- Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues
- Express some of their positive qualities and identify, name and demonstrate that they can manage some feelings
- Identify and respect differences and similarities between people
- Recognise choices they can make and recognise the difference between right and wrong.
- Recognise the effect of their behaviour on other people, and cooperate with others
- Children can make choices about how to develop a healthy lifestyle
- Children can explain how their actions have consequences for themselves and others
- They can describe the nature and consequences of bullying and can express ways of responding to it.