

| Caroline Haslett Primary School   |   |                        |
|---|---|------------------------|
| PSHE  | Year 1  | Daring to be different |
| <b>Knowledge - what I already know</b>  | <b>Vocabulary</b>   |                        |
| <ul style="list-style-type: none"> <li>I know that not everyone is the same.</li> </ul>   | <ul style="list-style-type: none"> <li><b>Similarities</b> - things that are the same between 2 people</li> <li><b>Differences</b> - things that different between 2 people</li> <li><b>Unique</b> - something that nobody else has makes you unique</li> <li><b>Proud</b> - a feeling where we are very happy about something we done</li> <li><b>Special</b> - something that is important about you</li> <li><b>Compliment</b> - when we say something nice to someone else</li> <li><b>Strengths</b> - things we are good (strongest) at</li> <li><b>Talents</b> - special things we can do that others cannot</li> <li><b>Defend</b> - to protect or stop from harm</li> <li><b>Assertive</b> - to be confident</li> <li><b>Stressed</b> - when we are overwhelmed and become worried</li> <li><b>Catastrophe</b> - something terrible has happened</li> <li><b>Boost ups</b> - when we say nice things to motivate</li> <li><b>Put downs</b> - when we don't say nice things and make people sad</li> </ul> |                        |
| <b>Knowledge - what I will know by the end of this unit</b>   |   |                        |
| <ul style="list-style-type: none"> <li>To know our likes and dislikes</li> <li>To recognise when someone is feeling proud</li> <li>To appreciate being special</li> <li>To know how to recognise worrying feelings</li> <li>To know how to stay calm and relaxed</li> <li>To know how to stand up for myself.</li> </ul>  |   |                        |
| <b>Activities</b>   |   |                        |
| <ul style="list-style-type: none"> <li>What makes you unique activity. Whole class, think about what makes you unique and special.</li> <li>Compare the things that pairs like together. Find two things that you and your partner like.</li> <li>Role play situations where someone makes you feel proud with boost ups and when someone uses put downs on your ability.</li> <li>Discuss ways that we are special.</li> <li>Introduce a worry box</li> <li>Introduce a catastrophe scale. Discuss things that are worth tears and things that are not.</li> <li>Practice different ways to relax</li> <li>Role play ways to stand up for myself.</li> <li>Make poster to tell children how to stand up for themselves.</li> </ul> |   |                        |
| <b>Skills</b>   |   |                        |
| <ul style="list-style-type: none"> <li>Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues</li> <li>Agree to follow rules for group and classroom and understand how rules help them.</li> <li>Recognise the choices they make and recognise the difference between right and wrong.</li> <li>Recognise the effect of their behaviour on other people and cooperate with others.</li> </ul>   |   |                        |