

Me and My Relationships - Year 1

Our Big Question

How can we be kind, safe and helpful to ourselves and others?

Feelings

- How do I feel?
- How does my body feel?
- What can I do when I feel worried or upset?

Getting Help

- Who can help me?
- Who are my safe adults?
- How can I help a friend?

Friends and Family

- What makes a good friend?
- How can I be kind?
- How can I show respect?

I can...

- I can talk about my feelings and get help when I need it.
- I can ask safe adults for help and show kindness to myself and others.
- I can be kind, caring and respectful to my friends and other people.

We Keep **S**afe



We are **C**aring



Our Classroom Rules Help Us



We are good **F**riends



We **A**chieve our best



We are **R**esilient



Hurt Body



Hurt Feelings



feelings

The emotions we have, such as happy, sad, worried or excited.



safe

Being protected from harm and feeling secure.



friendship

When people care about each other and enjoy spending time together.



listening

To pay attention to what someone is saying or to sounds you hear.



respect

Being kind and treating others well.



help

Doing something kind to make things easier or better for someone.



include

Making sure everyone can join in and feel welcome.



behaviour

The way a person acts and treats others.