

PSHE Knowledge Map - Autumn 1 - Back to School

vocabulary

Our Class Charter

We want our class to be a fair and happy place.

So, we promise to...

1. Respect one another and be kind
2. Be helpful and support each other.
3. Concentrate and work quietly in lesson.
4. Always be honest (never tell a lie.)
5. Follow the school rules.
6. Always complete your homework and hand in on time.
7. Do not speak when anyone else is talking during lessons (including shouting out)
8. Be polite and POSITIVE!

Class Charter

FEELINGS DETECTIVE

UNDERSTANDING OTHER PEOPLE'S FEELINGS

Listen
Listen to the words and how they are spoken
How do they make you feel?

Look
What is the other person doing?
What are other people doing?
What is the face showing?
What is the body showing?
What is happening all around?

Think...
How would you feel if you were them?

Calming Strategies

1	Personal Targets	understanding my gifts and talents.
2	Our Class Charter	understand my rights and responsibilities in school.
3	Getting to Know One Another	Sharing interesting facts about each other.
4	New Situations	understand feelings in different situations.
5	Managing Our Feelings	understand empathy and calming strategies.
6	Friendship	Knowing the qualities of a good friend and why they are important.
7	Problem Solving	Identifying peaceful problem solving to sort out difficulties.

Calming STRATEGIES

- take a deep breath
- count to ten
- draw or doodle
- read a book
- hug a cuddly toy
- listen to calm music
- drink some water
- play with playdough
- build a tower with blocks
- make a yoga pose
- blow bubbles
- sing a song