



KS1 Spring 1: We are Proud

We are learning....

- That we are all special and unique and we should be proud of who we are! We will look at what makes us feel or look different to those around us and why this is important.
- To acknowledge and recognise our feelings, no matter whether these are good or bad and who we can talk to if we need help with these at any time. We will learn how to be kind to ourselves and take time to work on our feelings.
- To share our opinions and views about things that are important to us and how we can share those ideas respectfully with those around us. By sharing these we aim to feel valued and respected and proud of ourselves.



- That we all have people who are important and special to us and these may be different to each other. These are people who we care about and who care about us. They help us to feel loved, safe, healthy and happy.

- To show how we care for others and how we can help those around us feel happy, calm and cared for. We will talk about the ways we can be kind to others and how we can work together. When we cooperate with others, we can achieve wonderful things. When we cooperate, we need to listen to each other, share jobs that need to be done, help each other and listen to how we are each feeling.



Quiz questions:

- What makes me special? Why is it important to be kind to ourselves?
- What different feelings do we have and how do we describe them so others can understand how we're feeling?
- Who are the people around us that are important to us? How do they make us feel?
- How do we show people that they are important to us and how can we take care of their feelings?
- What does cooperate mean and why is it important to work together?



Key Vocabulary

special qualities

Things about us that make us different from others.

kind

To be friendly, considerate and generous to others.

feelings

Emotions we experience about things that are happening.

unique

Something that is special and unlike anything else.

happy

A comfortable **feeling** we get when we are enjoying what we are doing.

calm

To feel settled. A time of no strong emotions.

VIPs

Very Important Persons. These will be different for everyone, but will include family and **friends**. They are people who we **care** about and **trust**, who help us to feel **safe** and who we enjoy spending time with.

special people

Someone who we feel close to and **care** about.

care

The way we feel towards people we **love**. To provide things people need.

kind

To be **friendly**, considerate and generous to others.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.