



UKS2 Spring 1: We are Proud

We are learning....

- That we are all unique and that makes each of us special!
- The importance of respecting others, even when they are very different from us (for example, physical-ly, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- The importance of self-respect and how this links to our own happiness.
- Practical steps we can take in a range of different contexts to improve or support our respectful relationships
- That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right
- That others' families, either in school or in the wider world, sometimes look different from our family, but we should respect those differences and know that other children's families are also characterised by love and care (LGBTQ+/Pride).
- To challenge stereotypes of different individuals from different back-grounds



Quiz questions:

- Is it OK to think and feel differently to other people?
- What does 'being an individual' mean and why is this a good thing?
- Why is it important to share our thoughts and feelings with those around us?
- How can we communicate our thoughts and feelings to others?
- What are some of the uncomfortable feelings that people can feel?
- What can we do to manage them?
- What does LGBTQ+ stand for? Why is there a celebration around it?



unique:	The quality of being individual and unlike anything else.
opinion:	The way we feel and the ideas we share about certain issues.
belonging:	Feeling like we are part of a group or shared understanding.
respect:	A way of treating or thinking about someone that shows they are important and they are valued.
individuality:	Special features about us, who we are and the fact that we are special and unique .
feelings:	Emotions we experience about things that are happening.
emotions:	The way we feel about things that are happening.
uncomfortable:	Something we feel isn't OK or that makes us feel unsettled.
comfortable:	Something that we feel is OK helps us to feel settled.
confidence:	Feeling good about ourselves or something we are doing.
setbacks:	When something doesn't go as we had planned.
perceived failures:	When we feel that we have not done as well as we had hoped we would.
peer pressure:	The pressure people can feel to behave in a certain way because their friends or people they spend time with expect it.
tricky situations:	A situation which makes us feel uncomfortable or pressured to do something that we feel is not right.



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.