

# PSHE Year 1 Autumn 1 - Being me in my world



## PSHE

### Powerful knowledge/skills for this unit:

#### Knowledge

##### I will:

- Know how to use my Jigsaw Journal
- Understand the rights and responsibilities as a member of my class
- Understand the rights and responsibilities for being a member of my class
- Know my views are valued and can contribute to the Learning Charter
- Recognise the choices I make and understand the consequences
- Understand my rights and responsibilities within our Learning Charter

#### Social and emotional skills

##### I will:

- Feel special and safe in my class
- Know that I belong to my class
- Know how to make my class a safe place for everybody to learn
- Recognise how it feels to be proud of an achievement
- Recognise the range of feelings when I face certain consequences
- I understand my choices in following the Learning Charter

### Key vocabulary

Achievement, belong, calm, choice, consequences, disappointed, feelings, learn, learning charter, proud, responsibilities, rewards, rights, safe, special, upset, views, valued

### Big Question:

How can you help to make your class a happy and safe place?

### **By the end of this topic...**

I can explain why my class is a happy and safe place to learn.

I can give different examples where I or others make my class happy and safe.

### The zones of regulation



### Mindmate Monday lesson

**MindMate**

#### Year 1 Autumn 1 Recognise feelings

Lesson focus: I can talk about how I am feeling.

**Pupils should have the opportunity to...** think about themselves & the different feelings they have developed a vocabulary to describe their feelings to others & simple strategies for managing feelings