

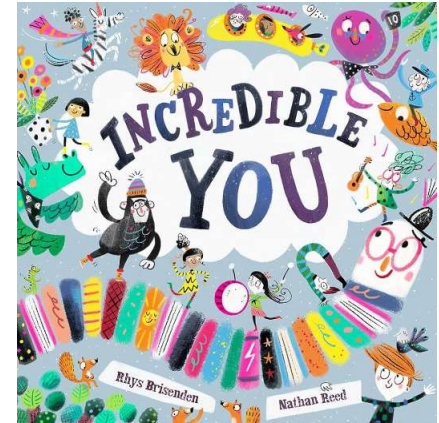
An overview of PSHE in Year 1 – Spring Term 1

Our learning this term in PSHE will be **'Be Yourself'**.

This term we are celebrating ourselves! Children will learn all about the importance of having confidence in themselves to make a positive impact on their wellbeing.

What makes me special?

We will read the book "Incredible You" written by Rhys Brisenden to discuss what makes us all unique and special.



What are feelings?

We will discuss different types of feelings and emotions and how we can share these. We will talk about when we have felt certain ways and how we have coped with our emotions.

What makes me happy?

We will talk about things that make us feel happy. We will also look at other feelings that make us feel good!

What makes me feel unhappy?

We will talk about things that make us unhappy or cross and describe these feelings. We will discuss what we can do when we have these feelings and what we can do if someone else is feeling unhappy feelings.

How does it feel when things change?

We will talk about changes that have happened in our lives and how we felt at these times. We will share ideas about how we can help ourselves and others if we feel unhappy about changes.

Why are our feelings important?

We will talk about how are feelings and thoughts are important and how we can talk to others to explain our thoughts and feelings.