

- Speak to a parent, carer or a adult you trust
- Speak to a teacher, assistant or school nurse

Me and My Relationships

Feelings, getting help and classroom rules

Understanding our **feelings** is very important.

Our feelings change all the time. What can we do if we have 'not so good' feelings?



What makes a good friend? How do we create a good **friendship**?

We should show kindness to others and listen to each other.



Our classroom has **rules**. This helps everyone do their job in the class so that we can all learn.

What are the rules in our classroom?

Key Vocabulary

friendship	rules	feelings
emotions	behaviour	support
listening	help	relationships

Valuing Difference

Celebrating what makes people different

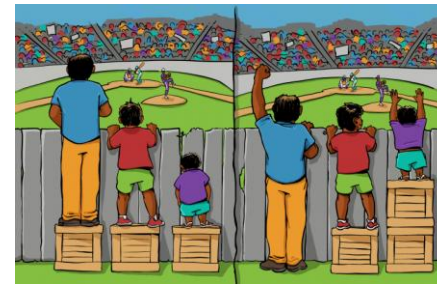
Everyone is **different** from each other in some way, but we also can find ways that we are **similar**.



What is good about being **different**?

Some people need more help, time or things than others. Because everyone is different, they might need different things.

Sometimes this might seem **unfair**, but everybody gets what they need.



Can you think of something that seems unfair, but really it is not?

Key Vocabulary

similar	different	respect
Fair	unfair	same
Kind	tease	safe

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Keeping Safe

Knowing what to do to stay healthy and safe

There are things we can do to help ourselves, and others, when we don't feel good. Managing our **feelings** helps us stay safe.



Keeping **healthy** is very important. What are the different things that you do to stay healthy?

Eating well, exercising and taking care of ourselves helps keep us healthy.

Medicine can help us if we are sick. But medicine can also be **dangerous** if not taken properly, or taken when we don't need it.

Where should we keep medicines?
Are they always **helpful**?



Key Vocabulary

<i>exercise</i>	<i>unhealthy</i>	<i>feelings</i>
<i>emotions</i>	<i>medicines</i>	<i>safe</i>
<i>worried</i>	<i>private</i>	<i>diet</i>

Rights and Respect

Looking after yourself, others and the environment

Everyone has different things that they need to **look after**. We should look after ourselves, and the things around us.



We should look after **money**, by only spending it carefully

Money can be used to buy lots of important things, such as food, and is also used to pay bills.



We all need to work together to look after our **environment**. This includes our school, our home and the planet.



Recycling and saving electricity can help look after the environment.

Key Vocabulary

<i>clean</i>	<i>environment</i>	<i>spending</i>
<i>litter</i>	<i>saving</i>	<i>clean</i>
<i>responsibility</i>	<i>help</i>	<i>money</i>

PHSE/RSHE
Knowledge Organiser
Year 1: Summer Term

Being My Best
Keeping healthy; food and exercise;
What to do when you find something difficult

Having a **growth mindset** means you know that things aren't always easy at first, but you will get better if you keep trying and practising.



A relaxing **bedtime routine** can help you get a good night's sleep. 5 year olds need 10 to 13 hours' sleep. 6-7 year olds need 9 – 12 hours' sleep.

You need to brush your teeth **twice a day**. The best drinks for children are water and milk.



Children need to **exercise** for 1 hour every day to stay **healthy**.

You need to have 5 portions of **fruit** and **vegetables** every day.



Making a choice between **healthy** and **unhealthy** foods can change the way you feel.

You are **responsible** for keeping yourself **clean** e.g. washing your hands.

Key Vocabulary		
<i>healthy</i>	<i>unhealthy</i>	<i>exercise</i>
<i>energy</i>	<i>clean</i>	<i>dairy</i>
<i>protein</i>	<i>Sugar</i>	<i>fruit/vegetable</i>

People who help us and where to ask for help:

- Speak to a parent, carer or an adult you trust
- Speak to a teacher or a TA

Growing and changing
Recognising what makes you unique and special;
feelings; managing when things go wrong

Human beings are **growing** and **changing** all the time. As we grow up, our **needs** and **bodies change**

Change helps us grow and can bring great things to our lives. **Change** can feel **uncomfortable**. That is okay.

When you are finding things difficult or when things go wrong, you can talk to a **family member**, **teachers** or a **trusted adult**.



The differences between girls' and boys' bodies are hidden under our underwear. Boys have a body part called a **penis**. This is its **scientific** name. These body parts are only on **males** – that's boys and men. **Females**, that's girls and **women**, have a **vulva** on the outside. This is a **scientific** name.

Girls and boys have different bodies, but some parts are the same.

Key Vocabulary		
<i>change</i>	<i>grow</i>	<i>trusted</i>
<i>child</i>	<i>adult</i>	<i>penis</i>
<i>vulva</i>	<i>Male</i>	<i>female</i>