

- 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 bullying

A good **friend** is someone who looks after our feelings, listens to our worries, helps us to feel safe and someone who is **honest**.

Pay your friend a **compliment** if they are feeling down. It could even cheer them up!



We can play **positively** with others by joining in and including others.

Bullying is when someone is purposely unkind to another over and over again. This could be with words or actions.

Teasing is different to bullying, because it only happens sometimes.

We understand what causes **disagreements** and can work them out with others positively.

When we are feeling **lonely** or unhappy, we have safe ways to make ourselves feel better again.

Key Vocabulary

<i>friend</i>	<i>compliment</i>	<i>positively</i>
<i>caring</i>	<i>bullying</i>	<i>teasing</i>
<i>repeated</i>	<i>feelings</i>	<i>safe</i>

Valuing Difference

Celebrating what makes people different; being kind

Sometimes, people can be **left out**. This could be for different reasons, but we shouldn't let it happen. Being left out makes you feel lonely and sad.

If you feel left out, you should tell someone like a friend or trusted adult.



Listening to one another is a really good way to avoid or stop arguments. We often have different **points of view** but we can still treat each other well, even if we **disagree**.

To be a good listener, we should wait for our turn to talk and look at the person who's talking. We can show them that we've listened by asking questions or repeating back to them what they said.



It can be hard to understand why someone thinks differently to us, but being a good listener can help.

Key Vocabulary

<i>left out</i>	<i>lonely</i>	<i>help</i>
<i>listening</i>	<i>disagree</i>	<i>points of view</i>
<i>arguments</i>	<i>kindness</i>	<i>include</i>

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Keeping Safe

Safe and unsafe secrets; appropriate touch; medicine safety



Some **secrets** are safe, such as a surprise present or a computer password. Other secrets are **unsafe**, and might make us feel unhappy or uncomfortable. We should tell these secrets to a **trusted adult**.

Not all touch is **appropriate**. Most people feel happy with a hug or a high-five, but other types of touch are not ok.

If someone touches us in a way we don't like, or in a place that is not appropriate, we must tell a **trusted adult** straight away. It is never our fault if this happens.



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

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

Key Vocabulary

secret	safe	trusted
touch	appropriate	medicine
harmful	uncomfortable	feelings

Rights and Respect

Cooperation with others and self-regulation

Everyone feels angry, upset or worried at times. There are different things we can do to feel calm again when these emotions appear:



Take deep breaths



Read a book



Take a time-out



Share feelings



Get active



Write or draw

What others ways can you think of to calm down?
This is called **self-regulation**.

We can also help other people to calm down when they are feeling 'not so good' feelings. You could help them with their problem, listen to them or do a breathing exercise together.

Key Vocabulary

share	listen	self-regulate
calm	emotions	control
feelings	unsettled	strategies

PHSE/RSHE
Knowledge Organiser
Year 2: Summer Term

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

To grow into a **healthy** adult, we must eat the right amount of the right types of foods to get energy.

Sleep and rest are important for growing and keeping **healthy**.

Hygiene means keeping yourself clean.

We need to wash regularly and brush your teeth twice a day for 2 minutes. We should visit the **dentist** every 6 months for a check-up.



Washing our hands with clean, warm water and soap will kill off the **germs** and keep our hands clean.



Sometimes, there are **vaccines** we can be given that stop us getting harmful diseases.

If we try to keep a **growth mindset**, we will be able to stay positive when finding new things hard. We can try to help ourselves by using classroom resources or asking a friend or adult for help

Setting goals helps us know what to improve and gives us something to work towards. What goals do you want to set for yourself?

Key Vocabulary		
healthy	exercise	energy
hygiene	germs	dentist
medicine	vaccine	plaque

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 TA

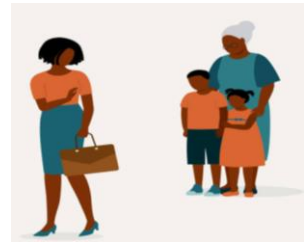
Growing and changing
Growing older; naming body parts;
moving class or year

The **human life cycle** is when we grow from **young** to **old**.



Human beings are **growing** and **changing** all the time. As we grow up, our **needs** and **bodies change**. We have to look after ourselves so that we can grow properly, and others look after us too.

At times, we have to say **goodbye** to things or people in our lives. It can feel very upsetting to **lose** something or someone, or if someone leaves us.



Think about a time when you have **helped** someone else when they were finding something hard or upsetting. This is called being **supportive**.

If we say kind things to others, we can make them self better and help them to carry on with difficult things.

Key Vocabulary		
child	adult	loss
change	grow	help
support	help	upset