

## PHSEe/ SEAL Year One Autumn B

Week 1	Firework safety: The firework code.		Literacy instructions. Art firework pictures.
Week 2	<p>Begin to know what bullying is, that there are different types of bullying and teasing, and that bullying is hurtful and wrong.</p> <p>D8 Begin to respond appropriately to different behaviours and know how to use peaceful problem solving.</p>	<p>*I can tell you what bullying is. *I can tell you how someone who is bullied feels. *I can be kind to children who are being bullied. *I know who to talk to if I am bullied.</p> <p>*I can use peaceful problem solving to sort out problems so both people feel ok. *I can think of ideas and solutions. *I can use a problem solving process.</p>	
Week 3	<p>A3 To begin to recognise, name and understand emotions and those of others.</p> <p>A4 Begin to manage feelings in a positive way.</p>	<p>*I can sometimes tell if other people are feeling sad or scared and I know how to make people feel better. *I can tell when I feel proud/ worried. *I can explain some things that stop me worrying. *I can tell when I am jealous and tell you about a time I was jealous. *I know when I am starting to feel angry. I know what happens to the inside and outside of my body when I get angry.</p>	
Week 4	A4 Begin to manage feelings in a positive way.	<p>I know how to calm down when I am scared/upset/angry. *I understand that being unkind or hurting someone doesn't make me feel better. *I can think of ways to make me feel better when I feel hurt, without hurting others. *I know that when you feel sad, it affects the way you behave and how you think. 8I know how to make up with a friend if we have fallen out.</p>	
Week 5	D2 Begin to understand different relationships experienced including family and friends.	<p>* I know the people who are important to me/ I can identify special people in my life. *I can describe why certain people are special to me. *I can describe my own family circumstances and I can describe different ways that families can show they care for each other. *I can tell you what being a good friend means to me. *I can demonstrate some of the skills needed to make and maintain friendships.</p>	
Week 6	D4 Identify and respect similarities and differences between people including physical appearance, culture, family, religion, and language.	<p>*I can tell you how I am the same and different to my friends. *I can describe a number of different family situations. *I can identify some similarities and differences between people from different cultures. I understand that differences can enrich our lives.</p>	