

# PSHE – Module 1: Unit 3 – Emotional wellbeing Year 1

**Prior learning: Children have learnt about likes, dislikes and self-acceptance.**

**Children have learnt that actions have consequences.**

At the end of this topic, pupils will know: That their feelings will differ to other peoples and how they can manage their feelings. Children will learn about the consequences of their actions.

Lesson	Learning objectives
Lesson 1: Feelings, likes and dislikes	<ul style="list-style-type: none"> <li>• That it is natural for us to relate to and trust one another</li> <li>• That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)</li> <li>• A language to describe our feelings</li> </ul>
Lesson 2: Feeling inside out	<ul style="list-style-type: none"> <li>• Gain a basic understanding that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character</li> </ul>
Lesson 3: Super Suzie gets angry	<ul style="list-style-type: none"> <li>• Simple strategies for managing feelings and maintaining good behaviour</li> <li>• That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they make mistakes</li> <li>• That Jesus died on the cross so that we would be forgiven</li> </ul>

## Key Vocabulary

Word	Definition
Prefer	like (one thing or person) better than another or others
Respected	deeply admired
Actions	the process of doing something
Choice	To choose something
Negative	Not expecting good things, or only seeing the bad side of a situation
positive	Full of hope and confidence
Consequence	The result of a particular action or situation
Forgive	Stop blaming or being angry at someone
Sin	Breaking a religious or moral rule
Reconciliation	a situation in which two people or groups of people become friendly again after they have argued



As children of God we are loved, we are called, and we are inspired.



# PSHE – Module 1: Unit 4 – Life cycles. Year 1

**Prior learning: Children have learnt about changes to their bodies from babies to adults.**

At the end of this topic, pupils will know: about the specifics of the human life cycle, including the end of life.

Lesson	Learning objectives
Lesson 1: The cycle of life	<ul style="list-style-type: none"> <li>Learn and appreciate that there are natural life stages from birth to death, and what these are</li> <li></li> </ul>
Lesson 2: Beginnings and endings	<ul style="list-style-type: none"> <li>What 'death' means</li> <li>About some feelings often connected with grief</li> <li>What the Christian faith says about death and eternal life</li> <li>Some ways to support themselves and others when they are grieving</li> </ul>

## Key Vocabulary

Word	Definition
Grief	Very great sadness
Lifetime	The period of time someone lives
Death	The end of life
Different	Something that is not the same
Similar	Being almost but not exactly the same
Changing	Becoming different
Elderly	Old or ageing



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