



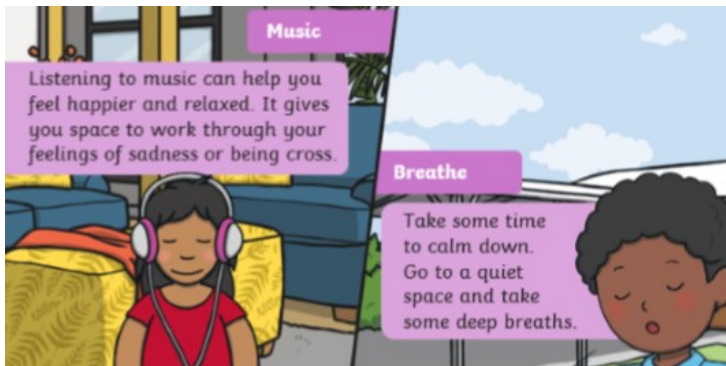
Swifts and Swallows



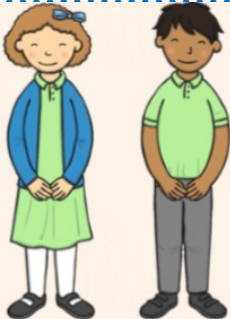
PSHE

Summer 1 - How do we recognise our feelings (including SRE)

Sometimes we feel unhappy or cross. This is OK but it is important we know what to do when we are feeling this way.



What are the main parts of our bodies?



What are the differences between girls and boys?

Vocabulary	
Names of feelings	Happy, sad, lonely, excited, worried, unhappy, cross.
Change	What has become different in children's lives. Including changes to the family, locations and changes to their bodies and abilities.
Similar/different	Things that are the same and different about people
Boy	A child who has male private parts
Girl	A child who has female private parts.
Stereotype	A widely held simple belief of what a person will like, act or behave like. based on things like their gender.
Body parts	Head, legs, arms,, thorax, penis, vagina.

It is ok to feel sad, worried or frightened when things change but remember there are lots of things you can do and people who are there to help us cope. It is important to talk to someone you trust about how you are feeling.

**It's
OKAY
not to be
OKAY
so let's
TALK**

Before we learn our topic

1. Name some uncomfortable feelings.

2. What can you do if you feel unhappy/worried?

3. Name the main parts of your body.

After we have learnt our topic

1. 1. Name some uncomfortable feelings.

2. What can you do if you feel unhappy/worried?

3. Name the main parts of your body.
