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| What should we know? | Connections (using images) | What should we be able to do? |
| * That we all have emotions that are usual
* That physical exercise and being outdoors and helping other people can make us happy
* That taking time to be still, pray or meditate can help us
* That having hobbies and interests can be good for us
* Who we can turn to for help if we are unhappy or worried
* The internet can be a useful and good thing
* That spending too much time online or watching screens is not good for us
* That sometimes people on the internet can be nasty, lying and unkind
* That some games and websites and apps are not right for children to be able to use
* That I am special and my school believes I am loved and made by God
 |  Good rest, sleep and personal careC:\Users\katys.CHURCHHOUSE.001\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T3QDYI00\images1[1].jpgC:\Users\katys.CHURCHHOUSE.001\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\XYTVWG0M\image-20151117-4973-10f4mla[1].jpgHealthy food Screen time? Good rules?Exercise Talking about feelingsC:\Users\katys.CHURCHHOUSE.001\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T3QDYI00\image-20150827-326-4qefnh[1].jpgC:\Users\katys.CHURCHHOUSE.001\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T3QDYI00\maxresdefault[1].jpg  C:\Users\katys.CHURCHHOUSE.001\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\XYTVWG0M\stickman-25574_960_720[1].png | * I can talk about my emotions, such as when I am happy, sad, angry or afraid and understand when they are helpful .
* I can talk about how to look after myself and make sure I can do exercise, eat healthily, and clean my teeth, rest, and consider ways to ensure I get good sleep. (Science)
* I can talk about why stillness, meditation or prayer can be good for my health
* I can talk about how to look after my skin in the sun
* I can keep myself clean and hygienic , and talk about how often I need to wash and clean my teeth
* I can spend time well with others and can talk about what hobbies and interests are good for me
* I can keep myself safe on the internet
* I can show good behaviour towards others on the internet
* I can talk about why I am worth looking after and can show understanding of what most Christians believe about why I am worth looking after
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| **Vocabulary**  | **Definition**  |
| Emotions  | Strong feelings such as joy , anger and fear |
| Exercise | Activity done to keep the body or mind strong or to make them stronger |
| Hobbies | Interests or activities that you do because it makes you happy in your spare time |
| Bullying  | Actions that are unkind, frighten or hurt people and make them feel picked on or outside the group |
| Meditation | Deep thinking often about just one thing such as a word, breathing, a candle, a flower or nature |
| **Church School Vocabulary** | **Definition** |
| Created | We are wonderful and have been made by God |
| Dignity  | As we are all special to God, we should treat ourselves and others as very valuable |
| Community  | We are a part of a whole family , anything we do towards each other matters to everyone |