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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 care  C:\Users\katys.CHURCHHOUSE.001\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T3QDYI00\images1[1].jpg  C:\Users\katys.CHURCHHOUSE.001\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\XYTVWG0M\image-20151117-4973-10f4mla[1].jpg  Healthy food  Screen time? Good rules?  Exercise  Talking about feelings  C:\Users\katys.CHURCHHOUSE.001\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T3QDYI00\image-20150827-326-4qefnh[1].jpg  C:\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 |