

# Year 1 - Families and relationships

## Key facts

Behaviour	The way that somebody acts around other people.
Care	Looking after someone or something.
Emotions	The range of feelings that someone can have, such as happiness or anger.
Growth mindset	Understanding that you can keep learning new things if you never give up.
Feelings	Emotions that a person can have.
Friend	Someone you like and enjoy spending time with.
Friendly	Being nice or kind to someone.
Problem	A difficult situation.
Stereotype	A view or an idea about something or someone which is often untrue.



Friends are people we like and want to spend time with.



Friends sometimes fall out but we can overcome problems.

We can help others when they are feeling sad.

Being friendly is important even if we are not friends with someone.

### BOY

### GIRL

People can have stereotyped ideas about boys and girls.



## Getting help

Talk to an adult you trust either at school or at home.

## Year 2 - Health and wellbeing

Diet	The food that we eat.
Emotions	The range of feelings that someone can have, such as happiness or anger.
Exercise	Movement of the body for our health and fitness.
Goal	Something you want to achieve.
Growth mindset	Believing that we can achieve things if we work hard. 'I can't do it YET!'
Healthy	Being well, both physically and mentally.
Physical activity	Something that requires someone to move their body.
Relaxation	Doing calming activities such as having a bath or reading a book.
Skill	The ability to do something well.
Strengths	The things we are good at.

## Key facts



We can have more than one feeling at the same time.

How we are feeling can affect our bodies inside and out.



Physical activity helps to keep our body and mind healthy.



Relaxation helps our bodies but also helps us deal with difficult situations.

## Health tips



Breathing exercises can help us to relax.



Only eat foods which are high in fat, sugar and salt occasionally.



Brush your teeth at least twice a day to keep them healthy.

We can practise and set goals to get better at something.



We sometimes need to keep trying to achieve a goal.



We need to eat a variety of foods to be healthy.



Some foods are bad for our teeth.

## Getting help

If you are worried about anything, talk to an adult you trust at home or at school.

# Year 1 - Safety and the changing body

emergency

When someone is badly hurt or very ill or there is danger and urgent help is needed.

medicine

Something you take into your body to make you better if you are ill.

hazards

Things or situations that are likely to be dangerous.



physical contact



## Key concepts

In an emergency the police, fire service or ambulance can help.



## Getting help



In an emergency, use a phone to call 999 and ask for the emergency service you need.

## Safety tips



When you are out, stay close to the adult you are with.

If you get lost, look for an adult you trust, such as a police officer or someone who works in a local shop.

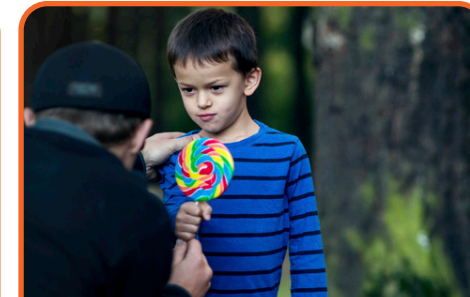


Different people like different physical contact. If someone touches you in a way you do not like, you can say no.

Some people have jobs that help to keep us safe, such as school crossing patrol and the police.



We should only take medicines that an adult we trust gives us.



Strangers are people we do not know.

election	An event where people vote.
environment	The local surroundings or place a person lives or works in.
identity	Who someone is and how they define themselves.
job	Paid work carried out on a regular basis.
opinion	What a person thinks about something.
responsibility	Being in charge of our own actions.
school council	A group of children who help make school better.
volunteer	A person who offers to help out with tasks or activities without getting paid.
vote	A choice for a person or thing.

There are different rules in different places.



Rules are there for a good reason, for example to keep people safe, to help people get on with each other or to keep places clean and tidy.

We can all help to take care of our class and school environment.



Some people do jobs which help to keep our environment healthy.

There are lots of different jobs in our local community.



There are people in the local community who are similar to me and people who are different.

The school council is there to share ideas on ways to make the school a better place for everyone.



We can all share our opinions and should respect other people's opinions.

# Year 1 - Economic Wellbeing

Banks and building societies	Look after your money and can lend you money that you have to pay back.
Cash	Physical money such as notes or coins.
Earn	To get money for doing something, such as a job .
Save	Keeping money for something special or for the future.
Skill	The ability to do something well.
Spend	Buying something with money.
Value	How much a coin or note is worth.

## Key facts

We can get money in different ways, such as earning it or being given it.



There are different ways to keep cash safe, such as in a purse, wallet, money box or in the bank.

Money bank



Bank

Purse



Wallet



If we find money we should try and return it to the person who owns it.



There are lots of different jobs in school. People need different skills to do these different jobs.