



Y1 PSHE

Being Me in My World

In this unit, I will learn:

- how to use my Jigsaw Journal
- rights and responsibilities in my class
- helping create our Learning Charter
- choices and consequences
- following the Learning Charter

In this unit, I will explore:

- feeling safe and special in my class
- belonging
- how I can help to keep my class safe
- feeling proud
- feelings about consequences

Key Vocabulary

Belonging

Special

Proud

Rights

Safe

Responsibility

Calm

Outcome

In this unit, children explore what helps them feel special, safe and calm in their class. They learn what it means to belong and understand their rights and responsibilities as class members. Children think about welcoming others, keeping their classroom safe for learning, and how their views are valued when contributing to the whole-school Learning Charter. They explore feelings linked to rewards and pride, reflect on their choices, and recognise emotions that can arise from consequences.

Reflection:

- How do I feel safe and special in my class?
- How does it feel to belong in my class?
- What does it feel like to be proud of an achievement?
- What kind of feelings will I feel when I face certain consequences?

Learning Questions:

What helps me feel special and safe in my class?

What are my rights and responsibilities in my class?

What can I do to help make my class safe for everyone?

What can I say or do to contribute to our Learning Charter?

What happens when I make different choices?

What are my rights and responsibilities in our Learning Charter?

