

Vocabulary

- surprised** - shocked or amazed by something you did not expect.
worried - to feel upset or anxious about something.
upset - to feel sad or worried.
proud - to be pleased with something you have done.
safety - being safe from any danger.
device - a machine such as a phone, laptop or iPad.
positive - something which is good.
negative - something which is bad.
cyber-bullying - saying unkind things online to someone.
joking - to say or do something to make people laugh.
teasing - making fun of someone in a friendly or hurtful way.
bullying - repeated unkind behaviour that is intended to hurt someone.
physical bullying - hurting others and causing them harm.
verbal bullying - saying unkind words, comments and making fun of others.
mental bullying - leaving others out, talking and whispering about people, making people feel uncomfortable.
respect - being considerate, treating everyone the same.
disrespectful - being rude/not showing respect.
empathy - understanding each other's feelings.
sensitive - being aware of others' feelings.
listen - paying attention to others.
strengths - a good thing you have or can do.
achieve - to do something successfully or by trying hard.
wish - wanting to have something or for something to happen.
goals - someone's desire or hope.
success - a good outcome.

9 Habits

Compassionate - Once I can identify feelings, I will use the habit of compassion to notice children who aren't feeling happy and I will help them.



Considerate - Once I am aware of and can identify how others are feeling I will be considerate around them and help them.



Honest - I will know I need to be honest even when this feels difficult. will build then trust with others.



Hopeful - I will think through different possibilities and options, to achieve my goals. I will have a vision of what I want to happen.



Golden Threads



Character: Children will understand the difference between teasing and joking and bullying and act accordingly



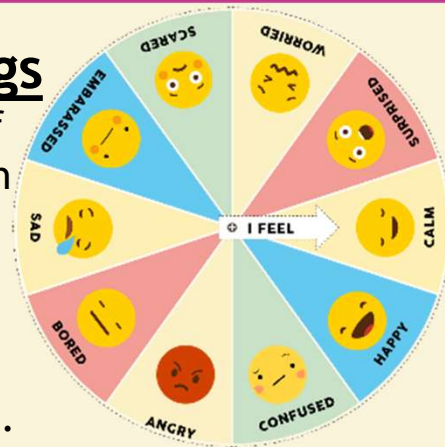
Competence: Children will be empathetic and support different views.



Community: Children will be able to identify different groups they belong to within school and the wider community.

Big and small feelings

We will experience a range of feelings and emotions through our lives and our mood can be affected by different situations and circumstances. We have small feelings which are how we feel everyday e.g. being happy to see somebody or falling over and being upset. Big feelings are sometimes more difficult to change and can make us act differently. For example, a family pet has died and you might feel sad for several weeks. You might not feel like going to school.



Being safe online

There are lots of fun things to do online but there are also some dangers you need to look out for and some simple rules children can follow to help keep yourself safe.

- Play games that are age appropriate.
- Watch videos that are suitable for your age.
- Ignore pop-ups that might appear on your screen and telling a parent/carer when you see them.
- Spend less than an hour a day online.
- Only share personal details with people you have met in real life.



Bullying

The key features of bullying are:

1. It doesn't just happen once; it goes on over time and happens again and again.
2. It is deliberate; hurting someone on purpose, not accidentally.
3. It is unfair: the person doing the bullying is stronger and more powerful (they might be older, bigger, or there may be more of them, and even if they are enjoying it, the person they are bullying is not.)

There are 3 types of bullying:

Physical bullying - hurting others and causing harm to them.

Verbal bullying - saying unkind words, comments and making fun of others.

Mental bullying - leaving others out, talking and whispering about people, making people feel uncomfortable.



Joking and Teasing

Joking - to say or do something to make people laugh.

Teasing - to laugh at somebody and make jokes about them, either in a friendly way or in order to annoy them or



make them embarrassed. Teasing can be compared to friendly joking ONLY if everyone finds it funny. However, if it starts to upset somebody and the teasing

continues this can become bullying.

If ever anyone asks you to stop teasing and joking you must do this straight away as it may become bullying.

Previous Learning

Year 1

- Know what feelings are.
- Know what makes me happy and what to do if I feel sad.
- Know what secrets are.
- Understand how my behaviour affects others.
- Understand what empathy is.

Current learning

- Know the difference between small feelings and big feelings.
- Know what safe and unsafe online behaviour is.
- Know that hurtful behaviour including teasing, name-calling, bullying and deliberately excluding others is not acceptable.
- Know how to treat others with respect.
- Know what I want to achieve by the end of the year.

Future learning

Year 3

- Know how to manage and respond to emotions appropriately and proportionately.
- Know about the importance of keeping personal information private.
- Know strategies for keeping safe online.
- Know what personal information is and what is safe to share.
- Identify personal strengths, skills, achievements and interests.

Independent learning at home

Look at the website pages and play the games/watch the videos:
<https://www.bbc.co.uk/teach/class-clips-video/pshe-early-years-foundation-stage-ks1-feeling-better/zm2st39>

Learn more about online safety. Watch and listen to the story of Chicken Clicking by Tony Ross and Jeanne Willis.
<https://www.youtube.com/watch?v=FSasSWwi5Tk>



Learning respect from Sesame Street <https://youtu.be/GOzrAK4gOSo>



Listen and watch the story of Do Unto Otters by Laurie Keller which is all about treating others how you would like to be treated
<https://youtu.be/ObRAUKOmDAM>



Learning together at home

Look at the website pages and play the games/watch the videos/play the games with your grown-ups:

1. <https://www.thinkuknow.co.uk/parents/jessie-and-friends/>
2. <https://www.childnet.com/resources/smartie-the-penguin>

Learn more about feelings. Watch and listen to the story of The Boy with Big, Big Feelings - Britney Winn Lee

<https://www.youtube.com/watch?v=CvI4ZpgqLQ0>

