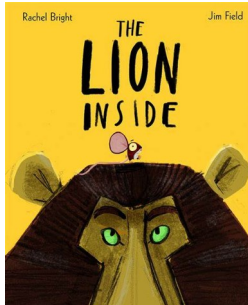


PSHE - DREAMS AND GOALS Year 1			
STICKY KNOWLEDGE ABOUT DREAMS AND GOALS	SOCIAL AND EMOTIONAL SKILLS	KEY VOCABULARY	
• Understand the rights and responsibilities of a member of a class • Understand that their views are important • Understand that their choices have consequences • Understand their own rights and responsibilities with their classroom	• Understanding that they are special • Understand that they are safe in their class • Identifying helpful behaviours to make the class a safe place • Identify what it's like to feel proud of an achievement • Recognise feelings associated with positive and negative consequences • Understand that they have choice	Safe	To be free from harm and risk
		Upset	To feel or make someone else feel unhappy, disturbed or upset.
		Disappointed	Is an emotion because something has not happened.
		Special	Different from others or unique.
		Calm	To feel peaceful and quiet, to feel content.
		Belonging	Feeling connected to a certain group of people.
		Rights	Something everybody has and needs and it should not be taken away, for example the right to food.
		Responsibility	Accepting when you have done something right or wrong.
		Rewards	Something you get for doing something good.
		Proud	Feeling deep pleasure or satisfaction as a result of one's own achievements.
Consequence	A reaction straight after something has happened either positive or negative.		
 <i>We're Going on a Bear Hunt</i> Michael Rosen • Helen Oxenbury We're Going on a Bear Hunt by Michael Rosen and Helen Oxenbury	QUESTIONS FOR FAMILY LEARNING	 The Lion Inside by Rachel Bright and Jim Field	
• What do you do in class to help other children? • What do you do to help your teacher? • What does it feel like to be safe? • Can you tell me something you were really proud of? How did it make you feel 'inside'? • What sort of things does your teacher say or do when they are pleased? • What choices can you make to be helpful and kind in school and at home? • What are the Jigsaw Friends in your class called? How are the Jigsaw Friends used in your Jigsaw lessons? • Can you tell me about Calm Me time?			

