|  |  |  |
| --- | --- | --- |
| **What should we know?** | **Connections** | **What should we be able to do?** |
| * We all have emotions that are usual.
* Physical exercise and being outdoors and helping other people can make us happy.
* Taking time to be still, pray or meditate can help us.
* Having hobbies and interests can be good for us.
* People who we can turn to for help if we are unhappy or worried.
* The internet can be a useful and good thing.
* Spending too much time online or watching screens is not good for us.
* Sometimes people on the internet can be nasty, lying and unkind.
* Some games and websites and apps are not right for children to be able to use.
* I am special and my school believes I am loved and made by God.
 | Good rest, sleep and personal careExerciseHealthy foodScreen time; good rules?Talking about feelings | I can…* Talk about my emotions, such as when I am happy, sad, angry or afraid and understand when they are helpful.
* 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
* Talk about why stillness, meditation or prayer can be good for my health.
* Talk about how to look after my skin in the sun.
* Keep myself clean and hygienic, and talk about how often I need to wash and clean my teeth.
* Spend time well with others and can talk about what hobbies and interests are good for me.
* Keep myself safe on the internet.
* Show good behaviour towards others on the internet.
* Talk about why I am worth looking after and can show understanding of what most Christians believe about why I am worth looking after.
 |

|  |  |
| --- | --- |
| **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 |
| **Theological 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. |