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| **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 care    Exercise    Healthy food    Screen 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. |

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| **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. |