

Curriculum overview

This topic will explore how people make friends and explain what makes a good friendship. They will explore basic techniques for resisting pressure to do something they don't want to do.

Key vocabulary

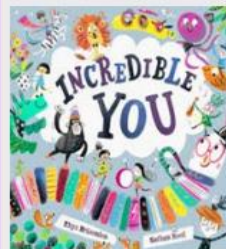
Respect	A way of treating or thinking about someone that shows they are important and they are valued.
Kind	To be friendly, considerate and generous to others.
Emotions	Special feelings we experience about things that are happening.
Unique	Something that is special and unlike anything else.
Trusted adult	Adults who we know we can talk to about anything that worries us.
Polite	Speaking with good manners and respect.

Our topic is... Relationships

Things That Make Us Special

We are all special and unique. This is exciting! There are lots of ways we are different from other people and this is something to be proud of. These might be things we like, things we are good at or things we are interested in. Feeling good about the ways we are unique is a way we can be kind to ourselves.

Helpful Books



Sticky knowledge

A good friendship is when all persons involved feel safe and supported.

A good friendship is choosing to show positive words and actions to others.

A lonely person may be quiet and their face will look sad. This feeling is in the blue zone.

They should tell a trusted adult if their family makes them unhappy or worried. This feeling is in the blue zone.

They must use the internet with an adult to use it safely.

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
 sad  tired	 happy  calm	 frustrated  worried	 angry  terrified
 sick  bored	 feeling ok  ready to learn	 silly  excited	 yelling  hitting
I can try...  stretch	I can try...  drink water	I can try...  deep breaths	I can try...  take a break

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