

## Me & My Relationships

Lesson	All about me	What makes me special	Me and my special people	Who can help me?	My feelings	My feelings (2)	I'm special, you're special	Same and different
Vocabulary	special practice effort same different	special favourite same different	family help special people same different	family friends help	feelings happy sad emojis	feelings happy sad kind helpful	special likes dislikes favourite	same different kind unkind

## Valuing Difference

Same and different families

same  
different  
family

same  
different  
home

Same and different homes

kind  
kindness

Kind and caring (1)

new friend  
friendship  
kindness

Kind and caring (2)

keep clean  
keep safe

What's safe to go **onto** my body

sleep  
water  
food  
fresh air  
cuddle  
medicine  
chemist  
doctor  
grown up

What's safe to go **into** my body

safe  
unsafe  
detective

Safe indoors and outdoors

safe  
unsafe  
tummy feelings  
uncomfortable

Listening to my feelings (1)

## Keeping myself Safe



# Being My Best

Looking after money (2)	Bouncing back when things go wrong	Yes, I can!	Healthy eating (1)	Healthy eating (2)	Move your body	A good night's sleep	Seasons
money	bounce back	try	food	food	exercise	routine	seasons
save	encourage	try again	energy	exercise	heart	calm	spring
safe place	try again	bounce back	grow	sleep	muscles	sleep	summer
			healthy	wash			autumn
			fruit	healthy			winter
			vegetable	energy			cycle
			dairy	grow			

## Growing and changing

	Life stages				
growing	baby	family	baby	private parts	
life cycles	child	baby	child	penis	
	teenager	love	teenager	vulva	
	adult	care	adult		
	old age		grow		
		Life stages: who will I be?	Where do babies come from?	Getting bigger	Me and my body - girls and boys