

Year 1

Autumn 2

Moor First PSHE
Knowledge
Organiser-Be
Yourself

Key Vocabulary

- special qualities** Things about us that make us different from others.
- kind** To be friendly, considerate and generous to others.
- feelings** Emotions we experience about things that are happening.
- unique** Something that is special and unlike anything else.
- happy** A comfortable **feeling** we get when we are enjoying what we are doing.
- calm** To feel settled. A time of no strong emotions.
- content** To feel comfortable with how things are.
- change** When something becomes different.
- care** The way we feel towards people we love.
To provide things people need.
- trusted adult** Adults who we know we can talk to about anything that worries us.
- polite** Speaking with good manners and **respect**.
- respect** A way of treating or thinking about someone that shows they are important and they are valued.

WHAT SHOULD I
ALREADY KNOW?

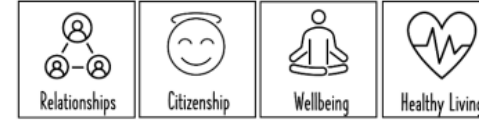
Know that I'm special.
I recognise my feelings
I can sometimes
control my feelings.

Sticky Knowledge



Weaving concepts

MAIN CONCEPT



Key Learning Points:

Coping with Our Feelings and Emotions:
We all experience lots of emotions and some may feel comfortable while others feel uncomfortable. There are lots of ways we can express our emotions or help ourselves to understand what we are **feeling**. These things can help:

- Listening to music;
- Taking slow, deep breaths and focusing on how this feels;
- Getting active and exercising;
- Spending time with people who are special to us;
- Talking to people we trust;
- Spending time doing activities we enjoy.

Being Kind to Ourselves: It is important to be **kind** to ourselves and feel good about ourselves. We are **special** and **unique** and deserve to feel valued and loved. Reminding ourselves how **special** we are and of the many things we do well can help us show **respect** and **care** for ourselves and to feel good.