

Year 1

Spring 1

Moor First PSHE  
Knowledge  
Organiser - Digital  
Wellbeing

## Weaving concepts



### What should I already know?

Know that I'm special.

I recognise my feelings

I can sometimes control my feelings.

### Sticky Knowledge

### Key Vocabulary

**Feelings** – the things your mind or body experiences such as emotions.

**Special** – we are all unique and individual and that makes us all special

**Emotions** – how we express how we are feeling. It is important to be able to recognise our emotions.



### 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.