

### **Being Me in My World (Autumn 1)**

- Self-identity
- Understanding feelings
- Being in a classroom
- Being gentle
- Right and responsibilities

### **Celebrating Difference (Autumn 2)**

- Identifying talents
- Being special
- Families
- Where we live
- Making friends
- Standing up for yourself

### **Dreams and Goals ( Spring 1)**

- Challenges
- Perseverance
- Goal setting
- Overcoming obstacles
- Seeking help
- Jobs
- Achieving goals

### **Changing Me (Summer 2)**

- Bodies
- Respecting my body
- Growing up
- Growing and change
- Fun and fears
- Celebrations



### **Relationships (Summer 1)**

- Family life
- Friendships
- Breaking friendships
- Falling out
- Dealing with bullying
- Being a good friend

### **Healthy Me (Spring 2)**

- Exercising bodies
- Physical activity
- Healthy food
- Sleep
- Keeping clean
- Safety