



# Class Cremyll

## PSHE

### Relationships

Know how it feels to belong to a family and care about the people who are important to me. Know how to make a new friend. Recognise which forms of physical contact are acceptable and unacceptable to me. Know when I need help and know how to ask for it. Know ways to praise myself.



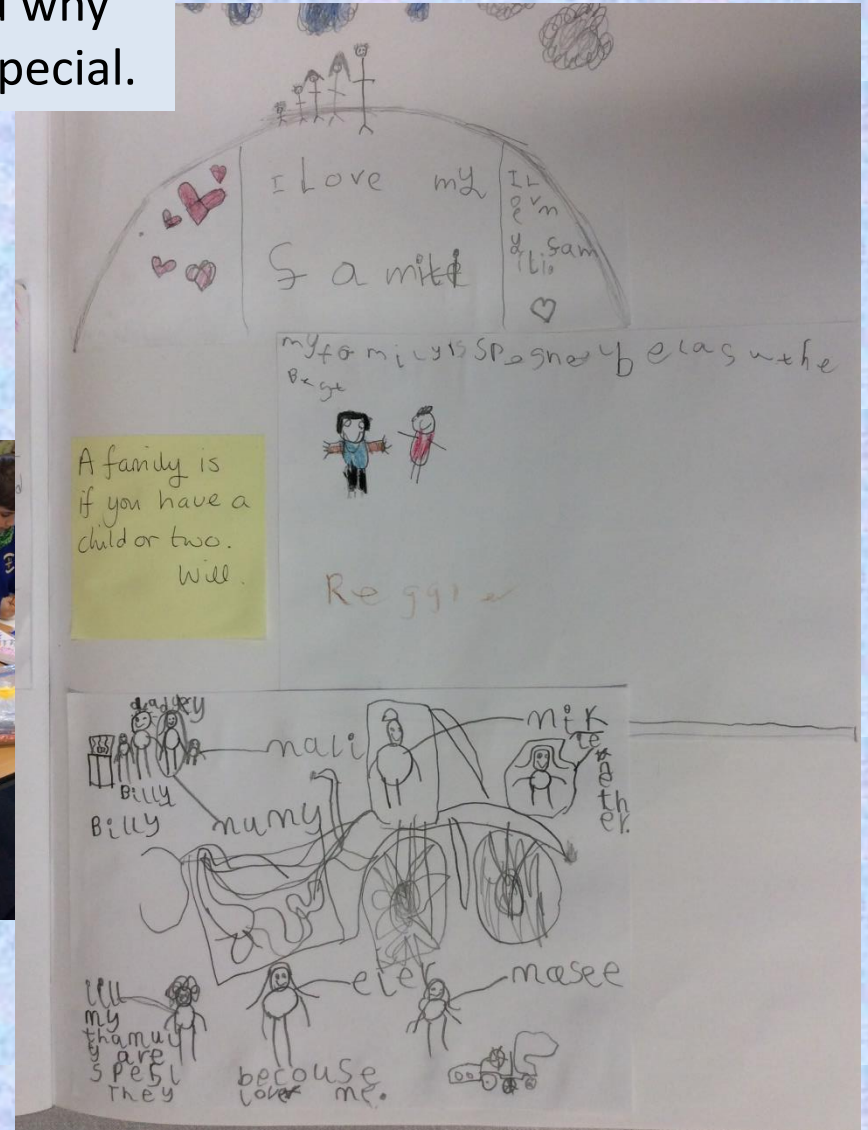
Then we thought about our own families and why they were special.

We played an animal families game before discussing different types of family.



"Family is people who are related to each other."

"Families look after each other."





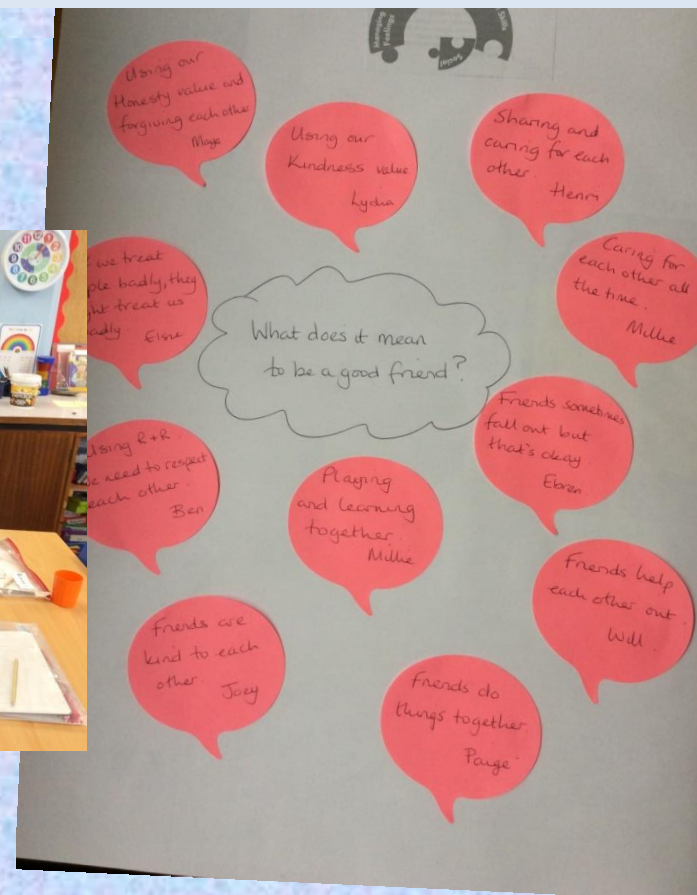
We thought about what it meant to be a good friend. We read the Colours of Friendship poem and discussed the qualities a good friend might need.



### The Colours of Friendship

The colours of friendship  
Are leaves on the tree  
The signs of our friendship  
From you and from me  
By working together  
All of the way  
By caring and sharing,  
Giving, living the friendship way

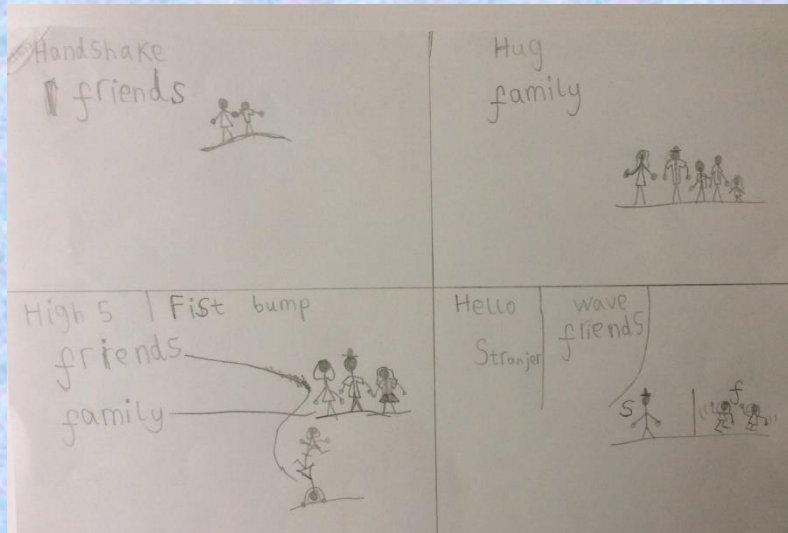
We carefully listen,  
To what people say  
Respecting each other  
Forgiving each day  
We show understanding  
At lessons and play  
By caring and sharing,  
Giving, living the friendship way



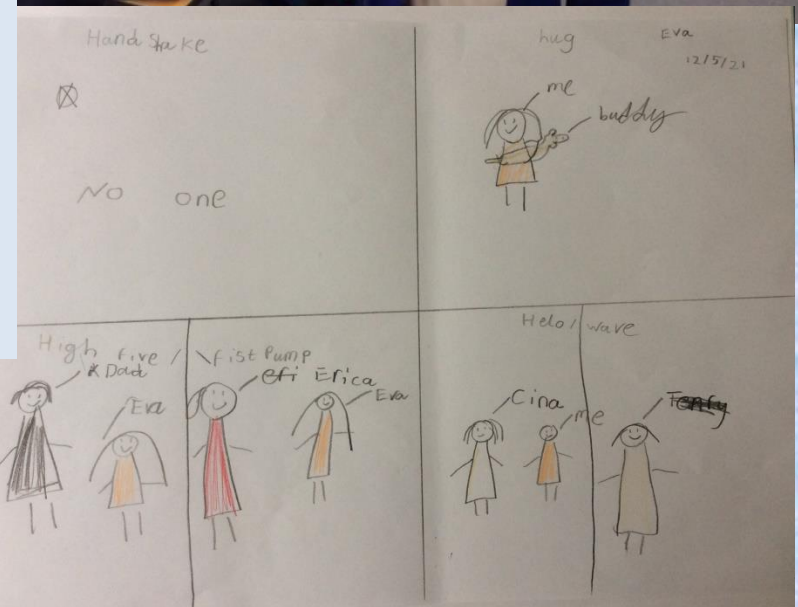
"If we treat people badly, they might treat us badly."

"We need to respect each other."

"Using our Honesty value and forgiving each other."



We talked about how people greet each other and what types of greeting are acceptable or unacceptable. We talked about how some people like to hold hands and shared how that made us feel. Then we created our own greetings.



"It makes me feel brave and strong."

"It feels uncomfortable to me."

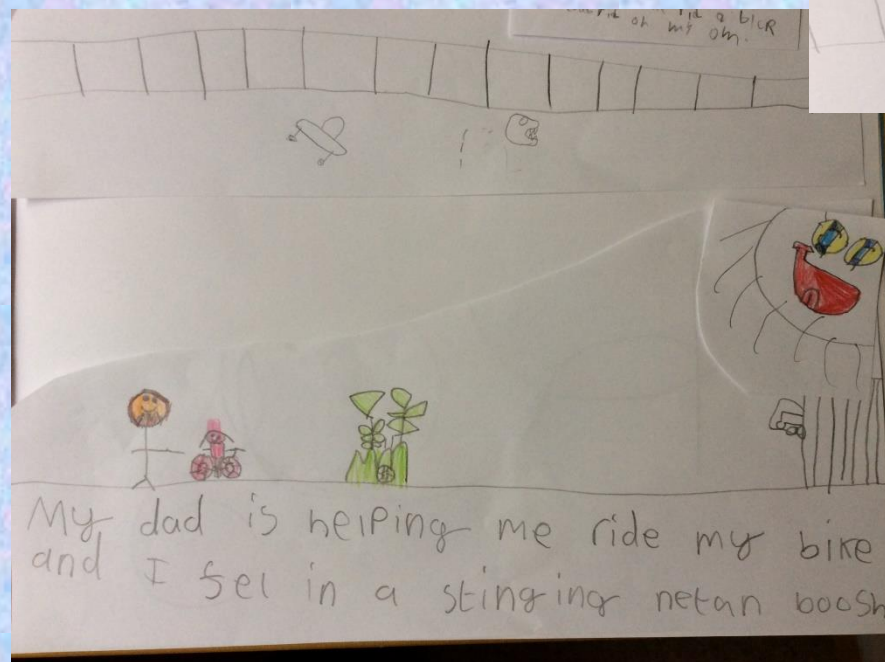
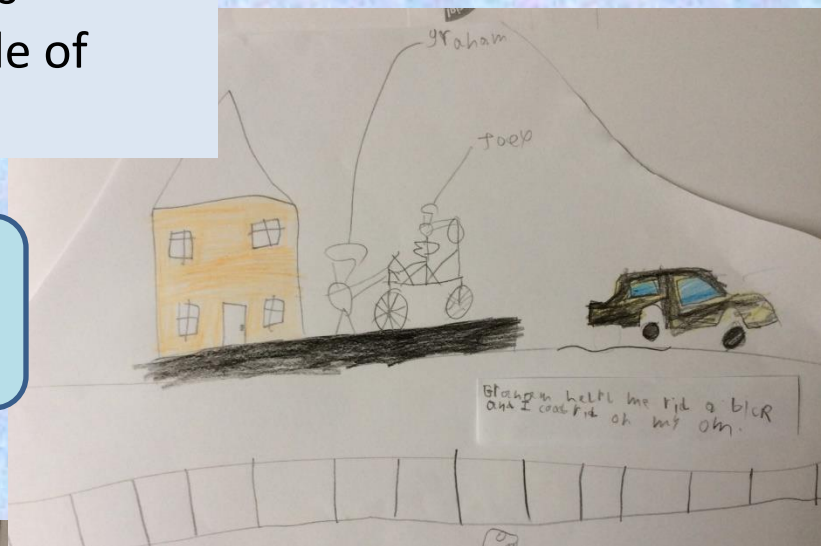
"Big kids don't need to hold hands because they are brave."

We thought about the special people in our community who are there to help us including those in school and outside of school.

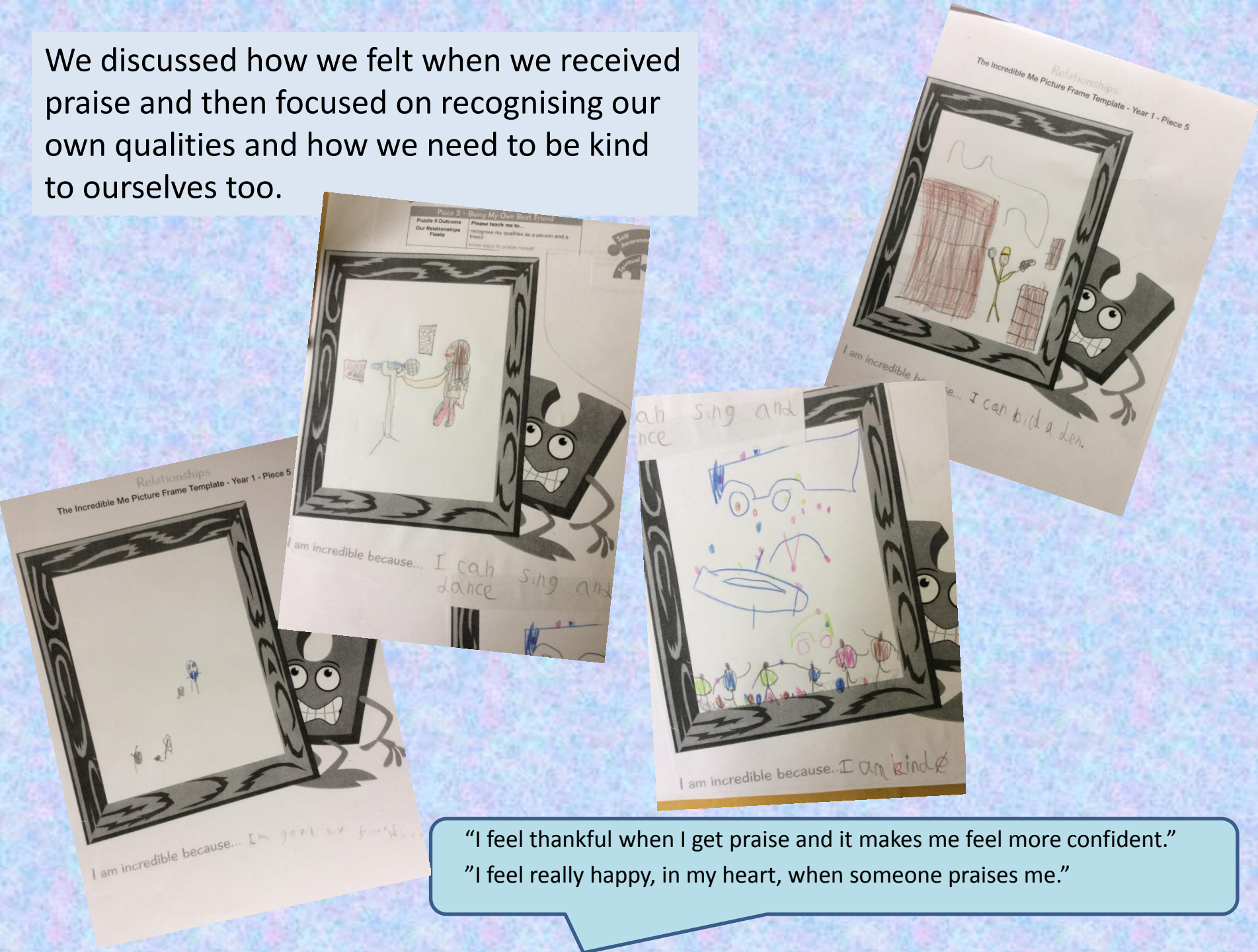
"Firemen, police and nurses all help us."

"In school, we can talk to our teachers."

"My family can help me at home."



We discussed how we felt when we received praise and then focused on recognising our own qualities and how we need to be kind to ourselves too.



"I feel thankful when I get praise and it makes me feel more confident."  
"I feel really happy, in my heart, when someone praises me."