



PSHE – Being me in my world

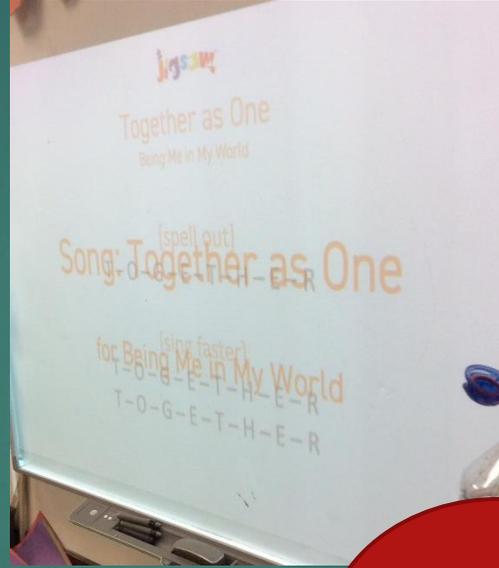
CLASS PLYM

AUTUMN 1 2022

I understand how it feels to belong and that we are similar and different

I feel calm after doing rainbow breathing

The sea creatures belong in the sea creature box



Unique is being different

We met Jigsaw Jeanie and all told him what our name was. We talked about a variety of toys that we recognised from our classroom and discussed how they belong to the classroom, and so do we. Class Plym belongs to all of us so we have to work together to keep it clean and tidy and look after everyone. We don't all look the same but we all belong. We are unique.



I can start to recognise and manage my feelings and emotions



That girl in the picture is sad, she has a tear on her face. I think she misses her mummy.

I felt a bit worried and shy on my first day but now I am happy and have lots of friends to play with

We talked about how we felt on our first days of school and how we feel now.

I was worried I wouldn't know people but I know lots of people.



I can work together with others' and consider other peoples' feelings

If someone asks
to play with you
and you say no,
it could make
them feel very
sad and upset

If we don't
tidy up things
will get
broken and it
they belong
to us

If we help
each other
tidy up, it is
much faster



Anti-Bullying week assembly and understanding why we need to use gentle hands.

You shouldn't use hands for punching, slapping, hitting, pinching or pushing.



Hands are Not For Hitting by Martine Agassi

There are other ways to let your feelings out.



If you are being bullied or see someone being bullied you should say 'stop' and tell a grown up. You should never hit them.



Children's rights are like rules for grown-ups and rules to keep us safe

