

KS1 PSHE and Citizenship

Relationships - Be Yourself

Guide for Parents and Carers

This term, your child's PSHE and Citizenship topic is Be Yourself.

This unit is inspired by the idea that having confidence to 'be yourself' can have a positive impact on mental health and emotional wellbeing. It aims to enable children to recognise their positive qualities and appreciate their individuality. In this unit, children are encouraged to recognise different emotions and explore different strategies to help them manage any uncomfortable feelings they experience. They will learn about how big life changes impact on feelings and emotions and explore the importance of sharing their thoughts and feelings.

We will be exploring these questions:

Lesson 1: What makes us special? Why is it important to be kind to ourselves?

Lesson 2: What are our different feelings called? How can we describe them?

Lesson 3: When do we feel happy? What other good feelings do you feel?

Lesson 4: What things make us feel unhappy or cross? What can we do when we have uncomfortable feelings?

Lesson 5: How does it feel when things change or we lose something precious? What can we do to help ourselves and others when this happens?

Lesson 6: Why are our feelings and thoughts important? How can we explain our thoughts and feelings to others?

Your child will be taking part in a range of activities, including the following:

Creating a star and celebrating their own special traits on the star, creating a role play to show different emotions, making a collage to show the things that make them feel happy, drawing pictures to show things that make them feel unhappy or cross, drawing pictures to show times of change in their life and confidently and politely expressing their own opinion.

About PSHE and Citizenship Education:

PSHE and Citizenship Education stands for Personal, Social, Health, Economic Education. It is an important part of the school curriculum that aims to teach children the knowledge and skills that they need to stay safe, happy and healthy, while preparing them for their life ahead.

We understand that some parts of the PSHE and Citizenship curriculum involve exploring sensitive or controversial issues. That's why all adults involved in delivering your child's PSHE and Citizenship education will make every effort to establish a supportive and positive environment for learning.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.