What should we know?	Connections	What should we be able to do?
• We all have emotions that are usual. • Physical exercise and being outdoors and helping other people can make us happy. • Taking time to be still, pray or meditate can help us. • Having hobbies and interests can be good for us. • People who we can turn to for help if we are unhappy or worried. • The internet can be a useful and good thing. • Spending too much time online or watching screens is not good for us. • Sometimes people on the internet can be nasty, lying and unkind. • Some games and websites and apps are not right for children to be able to use. • I am special and my school believes I am loved and made by God.	 Good rest, sleep and personal care Exercise Healthy food Screen time; good rules? Talking about feelings	I can… • Talk about my emotions, such as when I am happy, sad, angry or afraid and understand when they are helpful. • Talk about how to look after myself and make sure I can do exercise, eat healthily, and clean my teeth, rest, and consider ways to ensure I get good sleep. Science • Talk about why stillness, meditation or prayer can be good for my health. • Talk about how to look after my skin in the sun. • Keep myself clean and hygienic, and talk about how often I need to wash and clean my teeth. • Spend time well with others and can talk about what hobbies and interests are good for me. • Keep myself safe on the internet. • Show good behaviour towards others on the internet. • Talk about why I am worth looking after and can show understanding of what most Christians believe about why I am worth looking after.

Vocabulary	Definition
Emotions	Strong feelings such as joy, anger and fear
Exercise	Activity done to keep the body or mind strong or to make them stronger
Hobbies	Interests or activities that you do because it makes you happy in your spare time
Bullying	Actions that are unkind, frighten or hurt people and make them feel picked on or outside the group
Meditation	Deep thinking, often about just one thing such as a word, breathing, a candle, a flower or nature
Theological vocabulary	**Definition**
Created	We are wonderful and have been made by God.
Dignity	As we are all special to God, we should treat ourselves and others as very valuable.
Community	We are a part of a whole family; anything we do towards each other matters to everyone.