



# Year 1 - Spring 1 - PSHE Knowledge Organiser

## What I already know...

In EYFS we have learnt about our feelings and what makes a good friend. Last term we built on that knowledge and started to look and understand ourselves as individuals. We learnt that we are all unique and special in different ways. I know that my likes and dislikes can be different to my friends and that is okay. We understand and can identify some characteristics of kind and unkind behavior. This term we will build upon this knowledge and dive deeper into how we can be the best that we can be At The Merton by building positive relationships with each other.

## Making a difference at The Merton

At The Merton we want to provide children with a toolkit to help them be a kind, caring and respectful adult who is equipped to deal with conflict and worries. We consider the concept of fairness and respect and discover that we are all similar in many ways but have many differences that make us unique. Embracing our differences and listening to others ensures we all succeed and flourish in a changing world. We use Tom Percival's book 'Ruby's worry' to help us to recognise feelings associated with different behaviours. *Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?*

## What I will learn...

### Managing Hurtful Behaviour and Bullying.

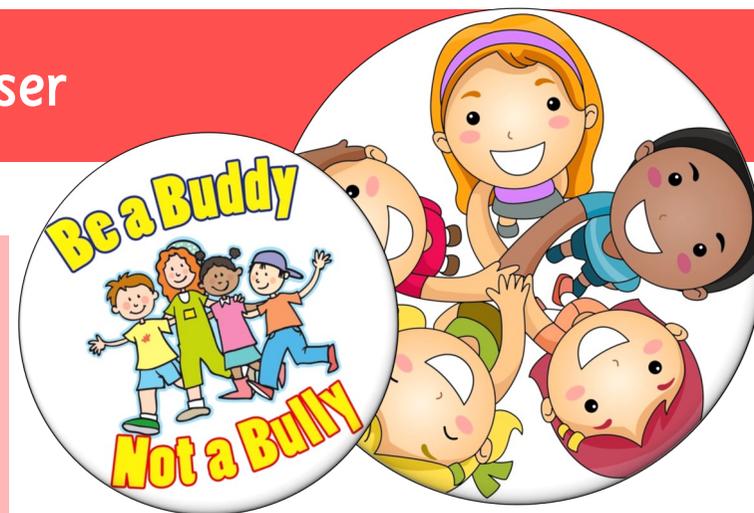
- I will learn that our bodies and feelings can be hurt by words and actions. I will learn about ways in which I can resolve conflict without hurting somebody.
- I will learn about how people may feel if they experience hurtful behaviour or bullying and be able to guide them to speak to an adult who they feel comfortable to do so with.
- I will learn about what steps I can take or which adults I can speak to if I feel like angry or upset.

### Respecting self and others

- I will learn about what is kind and unkind behaviour; and how this can affect others.
- I will learn about how to be fair.
- I will learn how to treat myself and others with respect.

## Making a difference at home

We hope that you notice your child learning the key characteristics of building positive relationships and that you can help to inspire them to become a kind and considerate young adult with a great respect for others.



## Key Vocabulary

Actions	The fact or process of doing something.
Bullying	Is unwanted, unkind behaviour that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated, over time.
Respect	Being respectful means you act in a way that shows care for how your actions may impact others. We can show respect for people, places, and things.
Behaviour	The way in which you act or conduct yourself, especially towards others.
Feelings	An emotional state or reaction.
Courteous	Polite, respectful, or considerate in manner.