

Statements to live by:

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| 1) I know when to ask for help and who to ask for help from. | 4) I understand what trust means. |
| 2) I can recognise comfortable and uncomfortable feelings. | 5) I try to forgive people when they hurt me. |

3) I know how to help others when they are in trouble.
6) I try to accept forgiveness from others.



A Journey in LOVE

A developmental programme for children in the primary years



PSHE

Feelings and Emotions

Anger - Understand more about healthy and unhealthy anger Understand it is natural to feel angry but how it is expressed is important.

| End of KS2 expectation: | Safeguarding |
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| <p>Caring friendships (R) That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> | <p>Keeping safe at home, at school and in the community.</p> |

COMMANDO JOES:

- Empathy
- Communication



RSE

Spiritual

Ask children to share their understanding of change through poetry, prayer, art etc.

Share with each other and celebrate the wonder of change.

