

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

Jealousy - Be able to recognise and name emotions and their physical effects.

End of KS1 expectation:	Safeguarding
<p>Mental Wellbeing (R)</p> <p>That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</p> <p>How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p>	<p>Anti-bullying</p>

RSE

Spiritual

We are members of God's family.

COMMANDO JOES:

- Empathy
- Communication

