

## Statements to live by:

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

Worry & Anger - Learn a range of skills for coping with unpleasant / uncomfortable emotions. Be able to recognise and name emotions and their physical effects. Understand that feelings can be communicated with and without words.

End of KS1 expectation:	Safeguarding
<p><b>Caring friendships (R)</b> 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.</p> <p><b>Mental wellbeing (H)</b> 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>Keeping safe at home, at school and in the community.</p>

## RSE Spiritual

*If God is called 'Our Father' what does that make us? As children of God how should we treat each other?*

COMMANDO JOES:  
Empathy  
Communication

