

Statements to live by:

- 1) I know when to ask for help and who to ask for help from.
- 2) I can recognise comfortable and uncomfortable feelings.
- 3) I know how to help others when they are in trouble.
- 4) I understand what trust means.
- 5) I try to forgive people when they hurt me.
- 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 - Be able to recognise thought, feelings and emotions and understand the differences between those which make us feel good and those that feel not so good. Understand how we can recognise worry and support self or others who may be worried.

End of KS2 expectation: Mental wellbeing (H) 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. How to judge whether what they are feeling and how they are behaving	Safeguarding Keeping safe at home, at school and in the community.
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RSE Spiritual

Understand that God causes new life to be through the love that parents have for each other. Celebrate God's creative love in creating us as his children and recognise that we grow as human beings to the extent we give and receive love. The on-going understanding of marriage is living out love. As Christians, we can appreciate the sheer

- Empathy
- Communication

COMMANDO JOES:



Year Six