

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

Grief - Be able to recognise and name emotions and their physical effects of grief. Learn a range of coping skills.
What feelings do you know? How can you manage these feelings? How can you recognise them?

End of KS2 expectation:	Safeguarding
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 is appropriate and proportionate. The benefits of physical exercise, time outdoors, community participation, voluntary and ser- vice-based activity on mental wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	Health (including mental health) and First Aid.

COMMANDO JOES:
- Empathy
- Communication



RSE

Spiritual

The story of Zacchaeus who was an outcast. Jesus accepted him as a friend, welcomed and forgave him.

