Meadows First School Knowledge Organiser Your 2 SUBJECT PSHE (Using Jigsaw scheme) Jigsaw unit title & focus: Key Vocabulary

Autumn 1: BEING ME IN MY WORLD I can help to make my class a safe and fair learning space. I know that our rules allow this to happen. I know who to ask if I'm worried or need help.

Meadows Wellbeing wheel link: Friendly Me/Unique Me Autumn 2: CELEBRATING DIFFERENCE

I will learn some of the ways that we are different and accept that this is OK. I will be able to explain how someone who is being bullied may feel. I will learn how to stand up for myself and how to get help if I am being bullied.

Meadows Wellbeing wheel link: Unique Me Spring 1: DREAMS AND GOALS

I will be able to tell you some of my strengths as a learner. I will be able to work together with others to solve problems.

Meadows Wellbeing wheel link: Clever Me Spring 2: HEALTHY ME

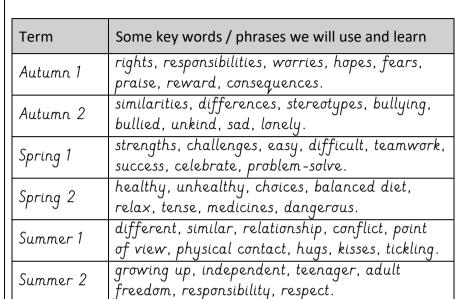
I can tell you which foods I enjoy most, which foods are healthy/unhealthy and can talk about lots of ways to keep my body healthy. Meadows Wellbeing wheel link: Safe Me/Active Me Summer 1: RELATIONSHIPS

I accept that everyone's family is different. I am learning that sometimes friends fall out and ways to fix this. I can explain which types of physical contact | like and which | don't.

Meadows Wellbeing wheel link: Friendly Me Summer 2: CHANGING ME

I can explain some of the changes that happen as you get older. I can tell you some of the things I can do by myself now I'm getting older. I can name some people who are older than me.

Meadows Wellbeing wheel link: Clever Me



Links to Rights respecting article links

I have the right to Friends. (Article 15)

I have the right to be safe. (Article 19)

I have the right to be listened to (Article 12)

I have the right to play and rest. (Article 31)

I have the right to water and food. (Article 24)

I have the right to a good quality education. (Article 28)

Calm Me

Each lesson we will also have a "calm me" section. This fits in well with our Calm Me mouse.







