

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 I like and which I 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**



Term	Some key words / phrases we will use and learn
Autumn 1	rights, responsibilities, worries, hopes, fears, praise, reward, consequences.
Autumn 2	similarities, differences, stereotypes, bullying, bullied, unkind, sad, lonely.
Spring 1	strengths, challenges, easy, difficult, teamwork, success, celebrate, problem-solve.
Spring 2	healthy, unhealthy, choices, balanced diet, relax, tense, medicines, dangerous.
Summer 1	different, similar, relationship, conflict, point of view, physical contact, hugs, kisses, tickling.
Summer 2	growing up, independent, teenager, adult freedom, responsibility, respect.

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.

