

Jigsaw unit title & focus:

Key Vocabulary

Autumn 1: BEING ME IN MY WORLD

I can name some emotions and recognise them in myself and others. I understand that my behaviour is controlled by me and brings reward or consequence.

Meadows Wellbeing wheel link: **Friendly Me/Unique Me**



Autumn 2: CELEBRATING DIFFERENCE

I will be able to describe what family means to me and appreciate those who care for me. I can explain ways to calm myself down when I get upset. I know that sometimes words are used to be hurtful, but I try not to do this.

Meadows Wellbeing wheel link: **Unique Me**



Spring 1: DREAMS AND GOALS

I respect and admire other people who overcome difficulties to achieve success. I can break a goal down into smaller steps to help me achieve it. I can manage the feelings of frustration when obstacles occur.

Meadows Wellbeing wheel link: **Clever Me**



Spring 2: HEALTHY ME

I can show you where food is labelled and what some of the labels mean e.g. sugar, fat, kcals. I can talk about safe / harmful uses of medicines/drugs.

Meadows Wellbeing wheel link: **Safe Me/ Active Me**



Summer 1: RELATIONSHIPS

I can describe how taking some responsibility in my family makes me feel. I have a range of strategies to 'mend' friendships. I know who to turn to if I am worried about something online.

Meadows Wellbeing wheel link: **Friendly Me**



Summer 2: CHANGING ME

I know ways to stay safe in the sun and around water and know it is my responsibility to help to keep myself and others safe. I will find out different things to spend money on, reasons to save and the difference between a 'want' and a 'need'.

Meadows Wellbeing wheel link: **Clever Me**



Term	Some key words / phrases we will use and learn
Autumn 1	Valued, achievements, proud, personal goal, acknowledge, feelings, solutions, rights, responsibilities, support, co-operate
Autumn 2	family, conflict, solutions, resolve, witness, bystander, unkind, hurtful.
Spring 1	challenge, perseverance, motivated, ambition, future, co-operation, teamwork.
Spring 2	healthy, unhealthy, energy, labels, drugs, attitudes, safe harmful.
Summer 1	men, women, unisex, job, role, responsibility, conflict, solution, internet, social media, gaming.
Summer 2	sun protection factor, vitamin d, protective clothing, drowning, canal, pier, river, sea etc.

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.