

Jigsaw unit title & focus:

Key Vocabulary

Autumn 1: BEING ME IN MY WORLD

I can tell you how it feels to be part of a group and how it feels to be excluded. I care about other people's feelings and try to ensure my behaviour has a positive influence on other people.

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



Autumn 2: CELEBRATING DIFFERENCE

I will try to accept people for who they are. I will question what I think about other people and consider why different people may have different opinions. Meadows Wellbeing wheel link: **Unique Me**



Spring 1: DREAMS AND GOALS

I know how disappointment feels and how to cope when I am disappointed. I can support others who are disappointed. I can explain what it means to be resilient and have a positive attitude, even when things feel hard.

Meadows Wellbeing wheel link: **Clever Me**



Spring 2: HEALTHY ME

I am aware how different friends can influence my behaviour and have strategies to avoid this. I will find out how peer pressure could influence my healthy lifestyle choices e.g. through smoking, alcohol etc. I can explain the difference between a healthy and unhealthy friendship. (Plus a unit of first aid in Summer 2)

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



Summer 1: RELATIONSHIPS

I can tell you different ways people might feel when they lose someone or something they love. I can tell you about someone I no longer see, but I know I can still remember them. Meadows Wellbeing wheel link: **Friendly Me**



Meadows Wellbeing wheel link: **Friendly Me**

Summer 2: CHANGING ME

I know that moving schools is a big change. I know which school I am going to and what is the same and different about it compared to Meadows. I will ask questions about my new school.

Meadows Wellbeing wheel link: **Clever Me**



Term	Some key words / phrases we will use and learn
Autumn 1	included, excluded, welcomed, valued, community, responsibility, democracy, fair.
Autumn 2	character, assumption, judgement, appearance, influence, accept.
Spring 1	determination, perseverance, motivation, positive attitude, disappointment, resilience.
Spring 2	friendships, emotions, peer pressure, assertive, fear, leader, follower.
Summer 1	loss, shock, sadness, pain, anger, acceptance, souvenir, memento, remember, special.
Summer 2	transition, change, growing up, feelings, worried, excited.

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.

