

Jigsaw unit title & focus:

Key Vocabulary

Autumn 1: BEING ME IN MY WORLD

I will make new friends in my new class. I will learn to play with the other children, taking turns and using kind hands. I can use words like happy and sad to say how I am feeling.

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



Autumn 2: CELEBRATING DIFFERENCE

I will try lots of new things and keep trying if they are hard. I know that we all like different things and that is ok. I can be friends with lots of different children.

Meadows Wellbeing wheel link: **Unique Me**



Spring 1: DREAMS AND GOALS

I can tell you what I want to be when I am older. My teacher will help me to know how my learning in school will help me with my job. I can use kind words or offer help if someone else is finding something tricky.

Meadows Wellbeing wheel link: **Clever Me**



Spring 2: HEALTHY ME

I understand that I need to exercise to keep healthy. I understand can make healthy eating choices. I understand why sleep is good for me. I can wash my hands thoroughly. I know how to stay safe if a stranger approaches me.

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



Summer 1: RELATIONSHIPS

I can identify some of the jobs I do in the family. I feel like a belong. I know how to stop myself being lonely. I can think of ways to solve problems and stay friends. I am starting to understand the impact of unkind words.

Meadows Wellbeing wheel link: **Friendly Me**



Summer 2: CHANGING ME

I can name lots of my body parts. I know that we grow from babies into adults. I can tell you the best bits of Reception and what I am excited/worried about in Year 1.

Meadows Wellbeing wheel link: **Clever Me**



Term	Some key words / phrases we will use and learn
Autumn 1	friends, take turns, share, happy, sad, kind hands, rules, allowed, not allowed.
Autumn 2	good at, enjoy, find tricky, same, different, like, dislike, friend.
Spring 1	Challenge, tricky, determined, improve, persevere, job, skill
Spring 2	Exercise, breathing, healthy, unhealthy, routine, hygiene, stranger danger.
Summer 1	Family, friendly, lonely, hurt, feelings, relax, friendship, kind, unkind.
Summer 2	baby, toddler, child, adult, remember, worried, excited, nervous.

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.

