



Topic:
**Good to be me, NSPCC and Let's
talk PANTS.**

PSHE & RHE Cycle A
Spring Term 1 Y1/2



New Vocabulary

positive	Thinking in a good way
experiences	What you know from doing things
achieve	To be good at something you have worked at
dilemma	A tough choice
anxiety	Being worried or scared
co-operatively	Work together



Helpful hints

Think of a trusted adult in your school, home and clubs that you feel comfortable talking to.

New Knowledge

Feelings need to be recognised so we can deal with them in a positive way.

We learn from experiences and understand that being good at something means we work at it and like it.

Setting a realistic goal that can be achieved means using small steps in order to achieve it.

We can contribute to the life of the class and the school by listening to other people and working and playing cooperatively.

There are differences and similarities between people and that is respected by others.

A dilemma is a tough choice that we have to make.

No means no, speaking to someone can help you.

Prior Learning

**In Early Years, pupils
learned:**

That having confidence helps you to try new activities and games etc.

