



PSHE Knowledge organiser

Autumn term 1 – Being me in My World

Year 1

Key vocabulary

Definition

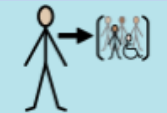
disappointed



disappointed

Feeling sad because something didn't happen the way you wanted.

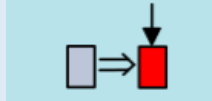
belonging



belonging

Feeling like you are part of a group and people care about you.

consequences



consequences

What happens after you make a choice — it can be good or bad.

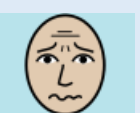
responsibilities



responsibilities

Things you are expected to do and take care of.

nervous



nervous

Feeling a little worried or scared about something new or hard.

Self-assessment

I had help



Independent



1. Being Me in My World

Includes lessons on Self-Identity, Group Identity, Responsibilities, Consequences, Teamwork and introduces the Jigsaw Charter.

Being Me in My World



Our Rights & Responsibilities



We Keep Each Other Safe!



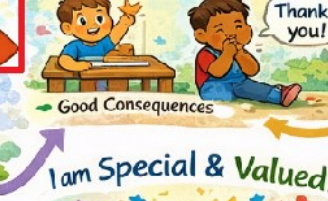
Classroom Rules



Your Choices Matter!



Follow Rules Use Kind Words



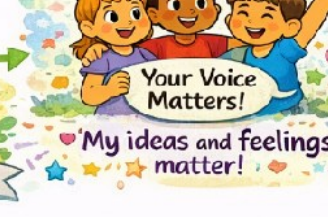
Be Helpful



I am Special & Valued!



Your Voice Matters!



Good Choices	Sad Choices
😊 Happy	😡 Angry
😏 Proud	😞 Sad
😌 Calm	😫 Frustrated

I Always Have Choices!





Key vocabulary

Definition

similarity / difference



means things that are the same or alike / means things that are not the same

bullying



When someone keeps being unkind or hurting others on purpose.

deliberate



Doing something on purpose, not by accident.

celebrations



Special times when people come together to enjoy something happy.

unique



Being one of a kind — no one else is exactly like you!

Self-assessment

I had help



Independent



2. Celebrating Difference

Includes lessons on Similarity & Difference, Bullying, Stereotyping, Racism, Discrimination and Celebrating Differences and Individuality.

Celebrating Difference



We Are All Unique!
Friends Can Be Similar & Different

Describe What Makes YOU Special!

I like reading! I am funny!
I wear glasses! I have a hearing aid.

? Bullying

- Hurts, laughs at, or ignores someone often
- On purpose
- Happens again & again

? Bullying

Being Mean

- Being mean once or twice
- May be unintentional

Being Bullied Hurts...

Scared, Alone, Unhappy, Sad, Embarrassed

Ask For Help When Needed!

- ✓ Parents
- ✓ Teachers
- ✓ Trusted Adults

...Tell someone if you feel or unsafe

Ask For Help When Needed!

Let's be friends and care for each other

• Introduce Yourself • Ask to Join In • Be Kind

• Tell an Adult ✓ I'm here for you...

