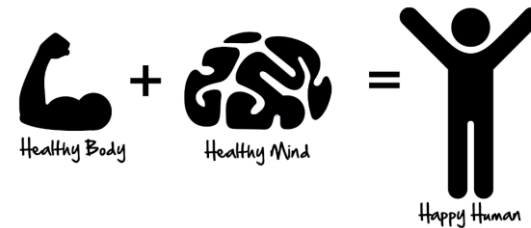


VOCABULARY DOZEN!

accept
When you accept who you are, you can focus on your strengths and learn about your areas for development.
Proud
The feeling we get as a result of being pleased with our achievements.
Situations
Situations are different events that take place. Different situations can make us feel different emotions (happiness/sadness etc.).
emotions
Emotions are the way that we feel.
mental well- being
To be mentally well means that you can cope with the stress of life, go to school and spend time at home without feeling angry, anxious or depressed.
physical well-being
To be physically well means to be free from illness.
Network of safe adults
These are the safe adults that you can talk to if you have a worry.
disagree/ disagreeable
To disagree means to have a different opinion. To be disagreeable means to be unfriendly and bad- tempered.
behaviour
Behaviour means the way that we act.
communicate
To communicate means to share information with others by speaking, writing, moving your body or using other signals.
strategies
Strategies are plans that you can put in place.
Responsibility and Liberty
This means freedom of speech for everyone, having the right to make our own choices and taking responsibility for our actions.

KEY AREAS OF LEARNING

- We will think about why it is important to accept and feel proud of who we are.
- We will learn about why mental well-being is as important as physical well-being.



- We will reflect on how we can communicate our feelings/ emotions and identify some different strategies to manage difficult emotions.
- We will continue to explore how our actions/ behaviour affects the way we feel and how they make other people feel. We will also think about how we can care for other people’s feelings
- We will discuss how we can disagree without being disagreeable.
- We will revisit our network of safe adults and who we can discuss our feelings with.



This topic links to the British Values of: Responsibility and Liberty