



## Curriculum Grid Birch Class Spring Term 2024



PSHE

Keeping Safe

Key questions

How Our Feelings Can Keep Us Safe

How many different feelings can people have?

Do different feelings make your body feel different?

What can you do if you have 'not so good' feelings?

How can you help if someone else has 'not so good' feelings?

Keeping Healthy

What do people need to keep healthy?

How do you keep yourself healthy?

Why do we need different things to be healthy?

Medicine Safety

How do medicines help?

Are medicines always helpful?

Where do medicines need to be kept? Why?

Key vocabulary

air sleep exercise stop  
unsafe share nervous internet  
medicine uncomfortable  
body feelings food  
water safe healthy  
private worried scared

I can ...

I can say what I can do if I have strong, but not so good feelings, to help me stay safe (e.g. sad - talk to someone).

I can give examples of how I keep myself healthy.

I can say when medicines might be harmful (e.g. overdose, if not needed, another person's medicine, etc.)

PSHE

Rights and Respect

Key questions

Cooperation and Self-Regulation

What can help you to feel calm and settled at home?

How does it help?

What can help you to feel calm and settled in the classroom?

How does it help?

Can you help other people to feel calm and settled in class? How?

Why is it important to feel calm and settled?

Key vocabulary

share listen  
calm erupt  
control ask for help  
unsettled home  
school feelings

I can ...

I can give examples of when I've used some of these ideas to help me when I am not settled.