



PERSONAL, SOCIAL, HEALTH EDUCATION AND CITIZENSHIP and SEAL

Year 1, Term 2b

WEEK NO.	LESSON TITLE	LEARNING OBJECTIVES	KEY QUESTIONS	TEACHING STRATEGIES & RESOURCES
7	Good to be me. Session 1.	To be able to say what makes them proud.	When do you feel proud? What makes you feel proud?	Good to be me-blue book Mouse story pg 8-11 Mouse profile pg 21 Feeling fans
8	Good to be me. Session 2.	To be able to help another person to feel proud.	What are your gifts and talents?	Proud story and questions pg 10-11. 'Feel proud because' cards.
9	Good to be me. Session 3.	To be able to say when they are feeling worried or anxious.	What makes you feel worried or anxious?	Games and song sheets. The wobbly tooth story pg 12-13.
10	Good to be me. Session 4.	To understand what it feels like to be relaxed.	Which places help you to relax?	Games and song sheets. Relaxation techniques sheet pg-16.
11	Keeping healthy* Week 9/Page 21	To understand how to keep healthy.	What do I need to keep healthy?	Talking circles, brainstorm Lesson notes page 21 Health for life pg 103-108
12	Keeping safe* Week 10/Page 22	To know which people help children to keep safe.	Who helps keep me safe?	Talking circles, class discussion Lesson notes page 22 Health for life pg 75-78

*Lesson taken from the "Spell Binder Education 2001" PSHE Scheme of Work.