

PSHE - Autumn 1 - Being me



Key Vocabulary

Included
Excluded
Welcome
Valued
Team
Charter
Responsibility
Democracy
Contribution

Prior Knowledge

Year 3 topic: 'Being me in my world' - setting targets for what the children want to achieve and developing the idea of 'dream' / 'nightmare' situations.

'Class Charter' understanding of how to act responsibly and sensibly.

Link with Ancient Egyptian topic them with jobs and responsibilities. Contrasting how the hierarchy was then and now.

Calm me - Mindfulness

The Jigsaw Chime will sound and invite everyone to listen very intently until they can no longer hear the sound.

Everyone must close their eyes and then the chime will sound again. This time when the sound has faded everyone must think about being calm and the lesson that was taught previously.

You need to think of these images for a little while keeping the ideas in your heads, and the chime will sound again.

As the sound fades away everyone needs to open their eyes and bring their attention back to the room.

I Will Explore...

- How it might feel to be included and excluded from a group
- How I can make others feel welcome and valued
- How I can work cooperatively with my peers
- How to show care towards other people's feelings
- My choices in following the Learning Charter

