



Important Dates

Odd Socks Day- 13th November
Anti-Bullying Week- Monday 13th November- 17th November
Black History Month- October
Road Safety Week

Don't forget to take a look at our school website for photographs and information about PSHE at All Saints.



Protective Behaviours

Protective Behaviours is a practical and down to earth approach we use to teach personal safety.

PB Message: Feelings can be physical eg hot, cold, tired and pain. Feelings can be emotional eg happy, sad, angry and excited. There is no right or wrong way to feel.



During Autumn 2 all children will be learning about Me and My Relationships in their PSHE lessons.

This unit will cover feelings and emotions, develops skills to manage conflict, help children to identify people who are special to them. We equip them with skills to recognise the qualities of healthy friendships and how to manage them. They will be learning: What makes me special

- People close to me
- Getting help
- Feelings
- Special people
- Being a good friend
- Friendship
- Getting on with others
- Healthy relationships
- Listening to feelings
- Understanding other people's feelings
- Assertive skills

Take a look at the following links for more information and ideas to do at home...

<https://www.coramlifeeducation.org.uk/family-scarf/scarf-at-home/me-and-my-relationships-3-5-years>

<https://www.coramlifeeducation.org.uk/family-scarf/scarf-at-home/me-and-my-relationships-5-7-years>

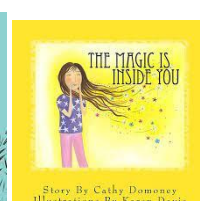
<https://www.coramlifeeducation.org.uk/family-scarf/scarf-at-home/me-and-my-relationships-7-9-years>

Positive Thinking

Good news! Did you know that science suggests that positive thinking is a learnable skill?

Three Good Things Exercise

Research suggests that thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term. Even better, this exercise is simple to do. Just spend a few minutes each evening reflecting on the day until you think of three good things. Spread the positive vibes, and think about sharing your three things with those that you love!



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Optimistic October 2023	1 Write down three things you can look forward to this month.	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Get hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
	22 Share a helpful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				
ACTION FOR HAPPINESS Happier · Kinder · Together							



Optimistic October

<https://actionforhappiness.org/10-keys>