



## Autumn 2 2025



Odd Socks Day- 10<sup>th</sup> November

Anti-Bullying Week- Monday 10<sup>th</sup> November- 14<sup>th</sup> November

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>

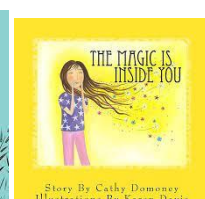
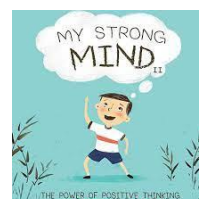
<https://www.coramlifeeducation.org.uk/family-scarf/scarf-at-home/me-and-my-relationships-7-9-years>

### 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!



Optimistic October

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