


## What Pupils think about PSHE at All Saints

Autumn 1 Keeping Sage Theme 	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Do you enjoy school?	Yes 100%	Yes 100%	Yes 100%	Yes 100%	Yes-100%	Yes-100%	Most of the time-100%
Do you know what to do if you feel unsafe?	Tell an adult  Use your words	You can talk to someone	You can talk to someone  We use our network hands	Use a network hand  Breath in and out	Talk to a teacher	Talk to someone on your network	Use a network hand- we always have one in our pencil case to use and review
What is PSHE and do you like it?	Yes - 100%	Yes- 100%	Yes- 100%	All about anti bullying Regulating feelings  Yes-100%	Yes-100%	Feelings, naming identities, share what you have been through  Yes-100%	Safety, body, health, mental health, emotions and expressions  Yes-100%
What have you been learning about?	Early warning signs How we feel Protective behaviour hands Drawing people who can help you Body parts How to be safe inside and outside	Early warning signs When your body doesn't feel right and it gives you warning signs Odd socks day Friendships I didn't know you might get butterflies in your tummy	Water safety Road safety Odd socks day Not bully All about keeping safe Early warning signs Networks People who are special to you	Zones of regulations Breathing techniques Network hands solving problems Early warning signs Rock brain and superflex Growth mindset Water safety before our canal walk So we can be safe	School rules Keeping safe Water safety before swimming lessons Healthy relationships Network Feelings	Network hands Anti-bullying week and odd socks day Learning about how we are all different Feeling words Empathy How music makes us feel Early warning signs- heart pounds, butterflies in tummy Water safety	Network hand Water safety 5 point scale Learning styles Brain map Online safety Protective behaviours Play leader Anti-bullying week

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						Road safety	
<b>Why is it important to learn PSHE?</b>	So we don't get hurt  So you're not unkind to your friends	Grow up to be a kind person	If someone feels sad you can help them  Keep safe and happy	Stay safe  Keeping safe  So we can help ourselves	If you feel unsafe you will know what to do	Help us to remember how to stay safe	Help you to be calm Keep safe Learn more about yourself Manage feelings
<b>Tell me about your feelings display?</b>	We look at them	It has feeling books Different colours	Colour buckets	Time to talk box  Zones of regulation and move to the zone you are in  We all use it	Zones of regulation display and we all use it.  Worry box to write down your worries  Reset box if you feel angry or sad	Put our name on the different colours depending on how we feel  An adult always checks it  Time to talk box- we add our names	Worry box or tell an adult  Worry wall
<b>Feelings Vocabulary</b>	Angry, sad, happy, mad, serious, cross, upset, cry, brave	Lonely, sad, happy, angry, frustrated, shocked peaceful, hurt, unwell	Frustrated, surprised, happy, sad, worried, excited, happy, shy, nervous.	Frustrated, disappointed, anxious, silly, mad, angry, happy, excited, out of control, tired, lazy, poorly, funny, crazy, scared, frightened, breathing	Angry, anxious, worried, scared, safe, unsafe, happy, sad, excited, sick, nervous, hurt, unhappy, confused, mad, curious, furious	Proud, amazing, sad, angry, annoyed, worried, ok, happy, excited, glum, nervous, petrified, frightened, alarmed, upset, depressed, bored, lazy, tired, sleepy	Determined, courageous, depressed, elated, anxious, worried, obsessed, awful, bright, calm, nervous, scared, petrified, sad, relaxed, terrified, angry, calm, happy, joyful, annoyed, excited, jubilant, overjoyed, mad, angry