

# P.S.H.E

## Summer 1 Year 6

Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, understanding relationships and preparing them to make the most of life and work.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
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### Self and Relationships

*Recognising feelings and emotions*

To know strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations.

To have a varied vocabulary to use when talking about feelings; about how to express feelings in different ways.

To know problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools.

### British Value:

Rights and Responsibility

### Key Vocabulary

mental health	emotions	respect
kindness	transition	self-care

### **Pupil Reflection:**

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