

Me and My Relationships Knowledge Page Year 1

Key questions

- What can we do when we have 'not so good' feelings?
- How can we help our feelings come out?
- What are safe and healthy ways to get angry energy out?
- Who can help you if you need help?
- Why do we need classroom rules?
- What would school be like if we didn't have classroom rules?

Lesson Progression

Wk	Lesson
1	Why we have classroom rules
2	How are you listening?
3	Thinking about feelings
4	Our feelings
5	Feelings and bodies
6	Good friends

Friends

Help

Feelings

Family

Listen

Safe

Rules

Special person

Resources

Coram Life Education