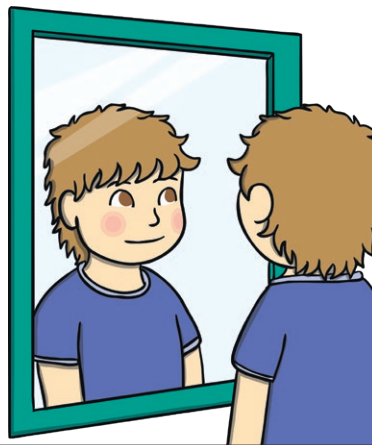


Relationships | Be Yourself | KS1

Key Knowledge

Things That Make Us Special

We are all **special** and **unique**. This is exciting! There are lots of ways we are different from other people and this is something to be proud of. These might be things we like, things we are good at or things we are interested in. **Feeling** good about the ways we are **unique** is a way we can be **kind** to ourselves.



Talking About Our Feelings

By talking about how we feel, we can get help if we are worried, understand someone else's point of view about a situation and learn from people we **care** about. We all experience lots of different **feelings**. We might feel **happy**, sad, angry, **calm**, lonely, excited or lots of other **feelings** too. Some of these will feel comfortable and some may feel uncomfortable. Every **feeling** is OK. If we are worried about anything at all or feel uncomfortable emotions, it is very important to talk to a **trusted adult**.



Key Vocabulary

special qualities

Things about us that make us different from others.

kind

To be friendly, considerate and generous to others.

feelings

Emotions we experience about things that are happening.

unique

Something that is special and unlike anything else.

happy

A comfortable **feeling** we get when we are enjoying what we are doing.

calm

To feel settled. A time of no strong emotions.

content

To feel comfortable with how things are.

change

When something becomes different.

care

The way we feel towards people we love.

To provide things people need.

trusted adult

Adults who we know we can talk to about anything that worries us.

polite

Speaking with good manners and **respect**.

respect

A way of treating or thinking about someone that shows they are important and they are valued.

Feeling Happy

When we feel **happy** it is often because we are pleased with something. This may be when we are doing things we enjoy or when we are with people we enjoy spending time with. Because we are all different, different things will make us **happy**.



Managing Our Uncomfortable Feelings

We all feel lots of different emotions. Some will be comfortable and some will be uncomfortable and this is OK. It can be helpful to know some ways to help ourselves cope with uncomfortable emotions. We could cry to let our **feelings** out, exercise to help our mood, listen to music to help ourselves feel **calm** or express our emotions, talk to someone we trust to get help and breathe **calmly** to focus on the present.



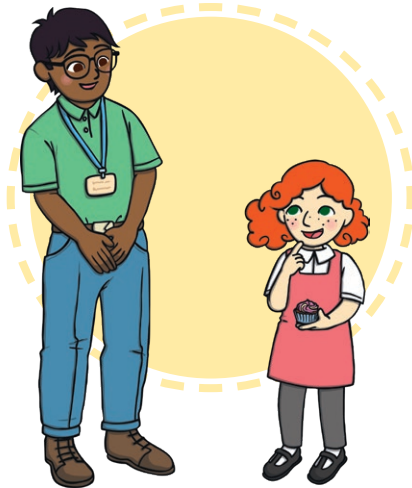
Coping with Change

There are lots of **changes** we might face, some may be small and some may be big. Sometimes **change** can be exciting or sometimes it can make us feel worried or sad. Some ways we can help ourselves cope with **change** are to talk to **trusted adults**, or write down or draw pictures of **happy** memories or things we are looking forward to.



Sharing Our Feelings

Talking to people we trust about how we feel can help us to feel valued and get help if we need it. We are all equally important so our thoughts and **feelings** are equally important as well. When we share our **feelings** with others, it is important to speak **kindly**, **calmly** and with **respect**.



Key Learning Points:

Coping with Our Feelings and Emotions:

We all experience lots of emotions and some may feel comfortable while others feel uncomfortable. There are lots of ways we can express our emotions or help ourselves to understand what we are **feeling**. These things can help:

- Listening to music;
- Taking slow, deep breaths and focusing on how this feels;
- Getting active and exercising;
- Spending time with people who are special to us;
- Talking to people we trust;
- Spending time doing activities we enjoy.

Being Kind to Ourselves: It is important to be **kind** to ourselves and feel good about ourselves. We are **special** and **unique** and deserve to feel valued and loved. Reminding ourselves how **special** we are and of the many things we do well can help us show **respect** and **care** for ourselves and to feel good.

To look at all the planning resources linked to the KS1 Be Yourself planning, [click here](#)