

Me and My Relationships

YEAR 1



People have different **feelings**, and these feelings can affect how they behave.



Listening to others and waiting for a turn to speak helps conversations work well.



Everyone sometimes needs **help**, and there are people they can ask for support.



There are ways to deal with 'not so good' feelings and ways to help other people when they are feeling upset.



There are **trusted adults** at home and at school whose job is to keep children **safe**.



emotions	How we feel inside when something happens to us.
behaviour	How we act, react, and respond to situations.
turn-taking	When two or more people share an activity, conversation, or space by going in turns.
respect	Treating everyone kindly, listening to them, and caring about their feelings and needs.
relationship	How you are connected to other people and how you interact with them including family and friends.
trusted adult	A grown-up whose words and actions make a child feel safe, supported, and respected, and who the child can turn to for help.
listening	Paying attention with your brain to understand sounds, words, and messages, not just hearing them.
kind	Being helpful, friendly, and considerate toward others, showing care and understanding through actions and words.

