

Topic: Be Friendly, Be Wise

Phase: Lower KS2

Strand: SEAL / CIT / PSHE

What should I already know?

- work and play safely at all times, and know the Green Cross Code.
- tell you what bullying is, tell you how someone who's bullied feels, and know what to do if I am bullied.
- say what a good friend means to me.
- give and receive a compliment.
- know how to make up with a friend when we have fallen out.
- know some ways to calm down when I start to feel angry.
- see things from someone else's point of view.
- know that fire can be dangerous and know what to do in an emergency.

At the end of the unit I will be able to:

- understand the qualities of friendship.
- see things from another's point of view.
- tell you what bullying is.
- know what a witness is.
- know what to do if bullying is going on.
- tell you what a 'win-win' solution is and always try to find one in a conflict situation.
- know why it is important to calm down before I am overwhelmed by my feelings of anger.
- know the dangers of the internet.
- know I must not give out my personal details.
- know that fire can be dangerous.
- know what to do in an emergency.

We are MANOR!

As learners we will ...

Manners

Develop a respect and understanding for the views and opinions of other people and share ideas about our own ideas and thoughts in a respectful manner. We will celebrate good work, value others' contributions, and discuss and debate opinions.

Aspiration

Learn by being challenged in a series of well-designed and interesting activities designed to deepen our understanding of the world and broaden our horizons. We will be aspirational in developing knowledge and conceptual understanding through practical activities and discussions.

Nurture

To recognise that we live in a wonderful world made up of many different people and ways of living. We will develop an appreciation and respect for the diverse world and environment in which we live, showing care and compassion for the people and beliefs around us.

Open-Mindedness

We will be open-minded so that we can learn more about others and the way in which they live their lives. We will listen respectfully to each other and not laugh at or make fun of what other people say.

Resilience

Engage confidently with the RE curriculum and learn that anything is possible and failure is not something to fear but to learn from. We will support each other to learn new things and share what we know so that we might help others.

Key Information

This half term we will be investigating different ways we can keep ourselves safe in different situations. We will be learning about road safety, and hazards in the home as well as celebrating anti-bullying week by nominating and awarding people in class who we think demonstrate the qualities of being a good friend.

BE BRAVE.
BE KIND.
BE WISE.

Stress Containers...

We all experience stress sometimes. Some stress can be good, it can push us to work hard. But too much stress can make us feel overwhelmed, and can lead to problems. The stress bucket is a way to visualise this. Above the bucket are clouds – the things that cause you stress. These rain into the bucket and gradually fill it up. You can release the stress by doing things you enjoy or that help you to stress less. Identify the things that cause you stress (the clouds) and the things you do to manage them (your taps). Also consider: What size and shape is your stress bucket? How full is it? What are the signs that your bucket is getting too full? Are all of your taps working?



Anti-Bullying Week

Bullying is hurting someone on purpose, over and over again. It can happen face to face with actions or with words, or it can happen online through a phone, tablet or computer.

Bullying can be saying unkind things to somebody or whispering unkind things about somebody else.

Bullying can be shouting at or teasing another person.

Bullying can be saying unkind things about somebody's body.

Bullying can be saying unkind things about how somebody looks, what they are wearing or what they are doing.

Bullying can be saying somebody can't join in.

Bullying affects many people. It can make us feel hopeless and sad. But we don't have to suffer in silence. If we can reach out to each other to talk about what's happening, we can help to stop bullying. It's never OK to bully people because they are different. Wearing odd socks for Anti-Bullying Week is a way of showing that it's OK to be different.

Road Safety Week

Road Safety Week happens every year in November and is the UK's biggest road safety event, organised by the charity '**Brake**'. Road Safety Week inspires schools, businesses and communities all around the country to get involved to learn and spread the word about road safety. This year, the theme is **SAFE ROADS FOR ALL**.



Falling Out With Friends

People fall out for lots of different reasons and it is very normal to have disputes. We can't easily stop disputes from happening but we can look at how to deal with a falling-out and what can be done to put things right again. The following are ideas for resolving a falling-out positively. Some disputes can be resolved by the people who have fallen out. However, sometimes we might need some support from others to resolve the falling-out. This could be because:

- the falling-out is quite serious.
- one of the people is very upset.
- one of the people is feeling angry.

With a Game

If you are trying to decide something, for example, who should be first in the line, get to sit in a certain place or whose turn it is next, you can use a game such as rock, paper, scissors to make the decision.

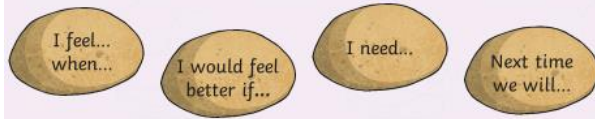


I-Messages

Try to explain your thoughts and feelings using a sentence that starts with 'I'. For example, instead of saying 'Billy won't play with me', say 'I feel sad when you don't play with me'.

Peace Path

Follow a path of stepping stone ideas to resolve the falling-out.



Emotional Coaching

We will also be learning about the feeling 'angry', and what this can make us feel like. Talking about emotions is very important for both children and adults, and supporting your child in regulating their emotions can be a great way to support positive behaviour strategies. For information about Emotional Coaching, please contact Mrs Rogers.

Vocabulary

point of view	A way of thinking about something.
peer pressure	a feeling that you must do the same things as other people of your age and social group in order to be liked or respected by them
disagreement	an argument or a situation in which people do not have the same opinion
solution	a means of solving a problem or dealing with a difficult situation.
supervision	the act of watching a person or activity and making certain that everything is done correctly
hazard	a danger or risk.
emergency	a serious, unexpected, and often dangerous situation requiring immediate action.

Be Friendly, Be Wise Quiz

- 1). Can you tell me 3 different things that fill up your stress container?? Now tell me 3 things that help to empty out your stress container.
- 2). Why might someone fall out with a friend?
- 3). What is the name of the charity who created Road Safety Week?
- 4). How would you define bullying?
- 5). Is it important to talk about how you feel? Why?

KEEP CALM

STAY WISE

BE KIND