

# Health and Wellbeing

## KS1 Cycle A term 4- PHSE: Road, fire, sun and water safety- emergency services- 999

### PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

### Key Vocabulary

Crossing	Moving over from one side to another
Emergency	Needing help now
Safety	Ways to keep yourself safe from risks and dangers
Lifeguard	Someone who can help you if you are in trouble in water
Firefighter	Someone who can help you if there is a fire
999	The number to call for the emergency services

### What I will know by the end of the unit:

Understand how to keep safe near different places and where to get help from.



#### Road Safety

Always cross the road at a zebra crossing or pedestrian crossing.  
Look both ways (left and right) before crossing.  
Use the green cross code: Stop, Look, Listen, Think.  
Wear a helmet when riding a bike or scooter.  
Stay on the pavement and away from traffic.

#### Fire Safety

If you see smoke or fire, call 999 immediately.  
Never play with matches or lighters.  
Stop, Drop, and Roll if your clothes catch fire.  
Fire alarms help to keep us safe – make sure you know what it sounds like.  
Practice a fire escape plan at home.

#### Sun Safety

Always wear sunscreen and reapply throughout the day.  
Wear a hat and sunglasses to protect your face and eyes.  
Drink plenty of water to stay cool and hydrated.  
Stay in the shade during the hottest part of the day (usually between 11am and 3pm).

#### Water Safety

Always swim with an adult and never go near water alone.  
Follow lifeguard instructions if there is one present.  
Wear a life jacket or buoyancy aid if you're not a strong swimmer.

999 is the emergency number to call when someone is hurt or in danger.

Only call 999 if it's really an emergency.

When calling 999, stay calm and tell the operator:

Your name.

Your address.

What's happened.

How many people are hurt.

Different emergency services: Police, Firefighters, Ambulance, Lifeguards.

Did you know? The 999 number works even if you have no credit on your phone!



# Health and wellbeing

## KS1 Cycle A term 4- PHSE: Understanding feelings and emotions

### PHSE Golden Concepts

Respect

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### Key Vocabulary

Happy –	When we feel joyful, excited, or pleased.
Sad –	When we feel upset, disappointed, or lonely.
Angry –	When we feel mad, upset, or frustrated.
Scared –	When we feel worried, frightened, or anxious.
Excited –	When we feel full of energy and happiness about something.
Calm –	When we feel peaceful and relaxed.
Zones of regulation	How we are feeling and relating it to different actions, reasons and solutions.

### What I will know by the end of the unit:

**Understanding feelings and emotions and what to do if I get these feelings.**

Emotions are how we feel inside and they can affect how we act.  
Feelings are normal and part of being human.  
We all experience different feelings, sometimes at the same time.

Our faces show how we feel (smiles, frowns, tears).  
We might feel certain things in our bodies, like a fast heartbeat when we're scared, or a warm feeling when we're happy.  
Body language shows our emotions, like crossed arms when we're angry or jumping up and down when we're excited.

It's important to talk about how we feel with a trusted adult or friend.  
Take deep breaths to calm down when you feel angry or upset.  
You can count to 10 if you're feeling angry.  
Exercise or moving around can help when you're feeling upset.  
Take time out to calm down and think about how to solve a problem

Talk about your feelings with someone you trust.  
Use words to explain how you feel rather than acting out.  
Draw or colour your feelings in pictures.  
Write about your emotions in a journal or a note.

It's okay to feel upset, but there are things you can do to feel better.  
Take deep breaths or count to 10.  
Talk to someone – a parent, teacher, or friend.

### THE ZONES OF REGULATION

## WHAT ZONE ARE YOU IN?

### RED ZONE

Angry/Mad • Terrified • Elated/Ecstatic  
Devastated • Panicked • Out of Control

### YELLOW ZONE

Frustrated • Worried/Anxious  
Excited/ Silly • Restless • Overwhelmed  
Loss of Some Control

### GREEN ZONE

Happy • Calm • Okay/Content  
Focused • Proud • Relaxed

### BLUE ZONE

Sad • Lonely  
Tired/Exhausted • Bored  
Depressed • Moving slow

THE ZONES OF REGULATION

### Understanding Emotions



happy

excited

scared

sad

# Health and well being

## KS1 Cycle A term 4 - PHSE: Changes and losses

### PHSE Golden Concepts

Respect

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Health

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#### Key Vocabulary

Change	When something is different
Loss	When someone I know or love dies.
Memories	The things we remember about people, places and times
Talking	Telling others how we are feeling
Grief	The upset we feel when things change or I experience a loss
Coping	How we deal with the feelings of grief
Comfort	When someone or something makes us feel better

#### What I will know by the end of the unit:

**Know that changes and loss are ok and ways to cope when they happen**

#### Types of Changes

Personal changes (e.g., growing taller, changing schools).  
Family changes (e.g., a new sibling, moving house, parents separating).  
Environmental changes (e.g., changing seasons, the weather).

#### Handling Changes

Be patient with yourself when things are changing.  
Talk about your feelings – it's okay to feel unsure.  
Ask questions to help you understand the change better (e.g., "What will my new school be like?").  
Focus on the positives – changes can bring new experiences or exciting things.

#### Understanding Loss

Loss is when something or someone important to us is no longer with us.  
People might experience loss when a pet dies, when a family member moves away, or when a favourite toy is lost.  
It's okay to feel sad, confused, or upset when we experience loss

#### Coping with Loss

Talk about your feelings with someone you trust – this can help you feel better.  
It's okay to cry if you feel sad.  
Sometimes we need time to feel better after something is lost, and that's okay.  
Keep special memories (e.g., photos, keepsakes) to remember what we have lost.

### Ways To Cope With A Loss



Give yourself time to grieve



Give yourself permission to cry and feel sad



Talk to friends or relatives

**HELP!**

Get help if you need it



Focus on self-care



Avoid people who tell you to "just get over it"

I can deal with change by:

