

Health and Wellbeing

KS1 Cycle B term 4- PHSE: E safety – online bullying, animal magic cartoon

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

Key Vocabulary

Stranger	Someone you do not know
Online	Using technology
Safe	Somewhere or someone you are not at risk
Uncomfortable	Feeling of unease, restless
Cyber Bullying	Bullying using technology, like phones or computers.

What I will know by the end of the unit:

How to stay safe online and what to do if you feel uncomfortable.

What is Online Bullying?

Using technology to hurt or upset others, e.g., sending nasty messages or pictures

Signs of Bullying:

Mean or hurtful messages or pictures.
Repeated teasing or threats.

How to Respond:

Don't reply to the bully.
Talk to a trusted adult (teacher, parent, or caregiver).
Use the "block" feature to stop them from contacting you.

Be Kind Online:

Encourage kindness, saying nice things to others, and reporting any bullying.

What is a Stranger Online?

Someone you don't know in real life, even if they seem friendly.

How to Stay Safe:

Never talk to strangers online without a trusted adult knowing.
Don't share personal information with someone you don't know.
Be careful of people who ask to meet in person—always tell an adult.

What to do if a Stranger Makes You Uncomfortable:

Stop chatting with them and tell a trusted adult right away.



Health and wellbeing

KS1 Cycle B term 4- PHSE: Goals and target setting, understanding their achievements and strengths

PHSE Golden Concepts

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Key Vocabulary

Goals	things you want to achieve or try to do.
Targets	smaller steps that helps you reach your goal.
Achievement	something you have accomplished or succeeded in
Strength	things that you are really good at.
Progress:	Moving closer to reaching your goal.
Perseverance:	Not giving up when things get difficult.

**What I will know by the end of the unit:
How to work towards and achieve my goals.**

<p>What Are Goals? Learning how to ride a bike. Reading a new book. Running faster in a race. Why Goals are Important: Goals help you focus and give you something to work towards. They can help you grow and feel proud of yourself when you achieve them.</p>
<p>What Are Targets? Practicing riding a bike every day to get better. Reading for 10 minutes each day to finish a book. Running for a short time each day to improve stamina. How Targets Help: Targets break a big goal into smaller, easier steps so you don't feel overwhelmed.</p>
<p>Understanding Achievements Learning to tie your shoes. Completing a puzzle. Helping a friend. Celebrating Achievements: It's important to be proud of what you have achieved, no matter how big or small. Achievements show that you are learning and growing.</p>
<p>Recognizing Your Strengths Being good at drawing. Being kind to others. Solving problems quickly. How to Identify Your Strengths: Think about what you enjoy doing or what others say you do well. Reflect on tasks or activities where you feel confident or happy.</p>
<p>Overcoming Challenges Don't give up—keep trying, even if things don't go as planned. Ask for help if you need it. Adults, friends, or teachers can support you. Learn from mistakes—sometimes we grow the most when things don't go perfectly.</p>

7 FUN GOAL-SETTING ACTIVITIES FOR CHILDREN

1 MAKE A FAMILY BUCKET LIST

- Gather your family together, grab a piece of paper and some markers.
- Brainstorm a list of accomplishments, experiences, or achievement goals.
- At the end of the year, you can look back over all of the things your family has accomplished.
- Encourage teens to use online tools such as Trilla and Evernote to help create the family bucket list or to make one for themselves.



2 DRAW A WHEEL OF FORTUNE

- Draw a wheel divided into segments, much like what you would do with a pizza. On each segment, write important categories in life: Family, Friends, School, etc.
- For each category, ask your child to write out goals she would like to accomplish in a set period of time.



3 CREATE A VISION BOARD

- Take some old magazines and ask your child to cut out pictures that represent her hopes and dreams.
- Paste these pictures onto a piece of poster board and decorate with colors, glitter, stickers, etc.
- Ask your child what different pictures represent and how she plans to achieve her dreams.



4 PLAY 3 STARS AND A WISH

- Have your child come up with 3 "Stars," or things she does well. This can be anything from running fast to comforting her friends when they're feeling sad.
- Have your child come up with a "Wish." The "Wish" is something that your child needs or wants to work on (a goal).



5 ASK FUN QUESTIONS

- Ask, "What would you do if you won the lottery? If you had a superpower, how would you use it?"
- Discuss that they can take their fate into their own hands by making a plan to achieve their hopes, goals, and dreams.



6 INTEREST MAPS

- Older kids can learn a lot about themselves by paying attention to their interests.
- Do they like art or science or writing or sports? Write down all their favorite interests. See if they can find patterns in the things they enjoy doing.
- Once they see their interests mapped out, they can create goals.



7 GOAL LADDERS

- Using a stair-step visual for goal-setting, older kids can break down their goals into doable steps. Follow this simple method:

- Write down your **DREAM** at the top of the staircase.
- Write down your **FIRST GOAL** at the very bottom of the staircase and the first action towards that goal.
- Create your **SECOND GOAL**, and the first action towards it.
- Create your **THIRD GOAL** and the first actions towards it.



Health and well being

KS1 Cycle B term 4- PHSE: Environment and how we influence it

PHSE Golden Concepts

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Key Vocabulary

Environment:	Everything around us, including land, water, animals, plants, and the air.
Recycling:	Turning waste materials into new products.
Pollution:	Harmful substances being added to the environment, such as rubbish or chemicals.
Conservation:	Protecting and taking care of the environment.

What I will know by the end of the unit:
How and why we need to look after the environment.



How Do We Influence the Environment?

Positive Actions:

- Recycling: Putting paper, plastic, and metal in the right bins to help make new things.
- Saving Water: Turning off taps when not using water to save it.
- Planting Trees: Trees clean the air and give homes to animals.
- Using Less Energy: Turning off lights and appliances when not needed.

Negative Actions:

- Littering: Throwing rubbish on the ground can harm animals and plants.
- Pollution: Throwing waste into rivers or oceans can harm the environment.

Ways We Can Help the Environment

Reduce, Reuse, Recycle:

- Reduce: Use less plastic and paper.
- Reuse: Use items again instead of throwing them away (e.g., using a reusable water bottle).
- Recycle: Sort materials like paper, plastic, and glass into recycling bins.

Save Water and Energy:

- Take shorter showers.
- Turn off lights when you leave a room.
- Use natural light instead of artificial light when possible.

Look After Animals and Plants:

- Don't pick wildflowers or disturb animals in nature.
- Plant trees and flowers to help the environment.
- Feed birds and care for animals.

What Happens if We Don't Protect the Environment?

- Pollution: The air, water, and land can get dirty, which can harm people, animals, and plants.
- Climate Change: If we don't look after the environment, the weather can become hotter, which can hurt crops, animals, and the Earth.
- Loss of Habitats: If we don't care for nature, animals lose their homes, and some species may disappear.

