

Relationships.

KS1 Cycle A term 6- PHSE: Understand the difference between secret and surprise.

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

Key Vocabulary

Secret –	Something kept hidden from others, sometimes because it could cause harm or upset.
Surprise –	Something nice or fun that is kept hidden for a short time, usually to make someone happy.
Safe –	When you feel protected and not in danger.
Unsafe –	When something makes you feel scared, worried, or unsure.

What I will know by the end of the unit:

Know the difference between a surprise and secret. Secrets are never good.

A surprise is something like a birthday party or a gift – it is kept quiet for a short time and is meant to make someone happy.

A secret can be something that someone tells you to keep quiet about, sometimes even from adults.

Some secrets are safe (like planning a surprise card for a teacher), but some secrets are unsafe if they make you feel sad, scared, or confused.

Children should know:

- It is always okay to tell a trusted adult about a secret that makes you uncomfortable.
- A trusted adult can help keep you safe.

Secrets and Surprises

Background Knowledge

Surprises are usually nice things like birthday gifts, fun days out, and family celebrations.

You can tell if a secret is a surprise if you only have to keep the secret for a short time.

Sometimes it will be for a few days; other times, such as if someone is having a new baby, they might want it to be a secret for a bit longer.



Teaching kids the difference between secrets and surprises

SECRETS

- Make us nervous, worried, sad, or scared to tell others
- Meant to exclude others
- Do not have an end date

SURPRISES

- Make us feel good, happy and excited
- Shared with others
- Will come out eventually

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Secrets vs Surprises



Keeping a Secret means not telling anyone, ever. This is not allowed, even if it's something fun.

Keeping a Surprise means staying quiet until the right time and then everyone knows.



Relationships.
**KS1 Cycle A term 6- PHSE: Bullying, teasing, accepting others and disabilities-
 understanding everyone is unique**

PHSE Golden Concepts

Respect	Safety	Communication	Health	Relationships
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What I will know by the end of the unit:
How everyone is different and how we should treat people.

Key Vocabulary	
Bullying –	When someone hurts or upsets someone else on purpose, again and again.
Unique –	Being different in a special way. Everyone is unique!
Disability –	When someone has a condition that makes some things harder for them.
Respect –	Treating people how you would like to be treated.
Kindness –	Being caring, helpful, and friendly to others.
Teasing –	Saying or doing something that might seem like a joke but can hurt someone’s feelings.

- Everyone is different – we all have things that make us special.
- Some people may look, speak, or move differently – and that’s okay!
- It is unkind to make fun of someone because they are different.
- Bullying is not okay – it means hurting someone with words or actions on purpose, and it can happen more than once.
- Teasing can still hurt, even if someone says it's “just a joke.”
- We should treat everyone with kindness, respect, and fairness.
- People with disabilities can do many amazing things – just like everyone else.



ENOUGH ALREADY!

