



Year 1—Learning for Life

Me and My relationships



You have already learnt...

In EYFS, you learnt the name for different body parts.
You recognised and named the emotions happy, sad, angry and tired.

Key Knowledge

- Name a variety of different feelings and explain how these might make me behave.
- Think of some different ways of dealing with 'not so good' feelings such as speaking to an adult about it or having calm down time.
- Name people who can help me including staff in school, family members and emergency services.
- Name some different classroom rules.

Key Skills

- Name and describe different feelings.
- Name people who can help me.
- Name the Westfield Way

Key vocabulary	
hurt	when you feel pain
help	support someone to achieve a goal
heal	when you become well again
making up	fixing a problem with a friend
friendships	someone who you can have



astonished



happy



sick



nervous



hot



teacher



family



scared



angry



confused



cold



childminder



friends



excited



surprised



sleepy



embarrassed



sad

Next year you will learn...

To tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me.
To suggest rules that will help to keep us happy and friendly and what will help me keep to these rules.
To tell you about some classroom rules we have made together.
To give you lots of ideas about being what makes a good friend and also tell you how I try to be a good friend. Most of the time