

Personal Development (RSHE/PSHE) planning

To be included in circle time and in Assemblies.

Year 1

Relationships

- To recognise that some activities help them to feel good.
- To understand what kind and unkind mean and how this relates to friendship.

Living in the wider world

- To understand clever never goes. [Clever Never Goes – Safe4Me](#)

Health and wellbeing

- To understand ways to feel calm.
- To understand why sleep is important and different ways to rest and relax
- To recognise how they can develop their dental care.

Year 2

Health and wellbeing

- To begin to understand ways of improving and nourishing their mental health.
- To understand that mindfulness strategies can help their bodies feel better.
- To understand healthy technology use.