

Glenfield Infant School Knowledge Organiser



Year 1 — Autumn 1

RSHE

My and my relationships

What should I already know?

How we're alike and different.
Who our special people are.
Simply share our feelings (happy/sad)
Know who to ask for help when we're sad or worried.

Vocabulary

rules 	Things we all agree to do to help everyone be happy and safe.
safe 	When we feel okay and nothing can hurt us.
responsibility 	Looking after things or people and doing what we said we would do
feelings 	How we feel inside, like happy, sad, or cross.
emotions 	Another word for feelings.
body language 	Using our face and body to show how we feel without talking.
zones of regulation 	Colours that show how we feel, like blue for sad, green for calm, yellow for silly, and red for very cross.
friend 	Someone we like to play with, share with, and be kind to.

1. Why do we have classroom rules?

Rules help everyone to know what to do, how to learn and stay safe.



We have rules at home, at school and in the places we go.

It is our responsibility to follow the rules.



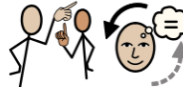
Sticky Knowledge Having rules can help our school and the classroom be a safe, friendly and happy place.

2. How are you listening?

Show good listening: Pay attention when someone else is talking.



Find ways to solve problems: Think of nice ways to make up when you have fallen out with someone.



Say kind things and hear kind things: Tell your friends something nice and see how happy it makes you feel.
When we listen carefully, we make everyone feel happy and heard.



3. How do we share our feelings?

We can show how we feel with our face and body, even without talking. This is called **body language**, and it helps us see how others feel too.



If we feel sad or worried, we can tell someone we trust, like Mum, Dad, Gran, or our teacher.

Sticky Knowledge We can show and understand feelings without words by using body language, and if we feel sad or worried, we can talk to someone we trust.

4. How are you feeling?

We have lots of different feelings - that's ok.

Some feelings make us feel comfortable, and some feelings make us feel uncomfortable.

Our feelings can be big make us behave in different ways.

We can find ways to feel better if our feelings are too big.

Sticky Knowledge Different feelings are ok. Feeling can make us act in different ways. We have ways to feel better when our feelings are too big.



5. How is your body feeling?

Our bodies can get hurt, and our feelings can get hurt too.

We can't put a plaster on hurt feelings, but we can talk to someone to help them feel better.

If someone doesn't listen, keep telling other grown ups until someone helps.

Sticky Knowledge If our body or feelings get hurt, we should tell a grown up until someone helps us.



6. What makes a good friend?

We know what makes someone a good friend...kindness, sharing, smiling, talking, saying sorry, including others, thinking about feelings

We know how to be a good friend!

Sticky Knowledge Being a good friend means being kind, sharing, and helping others feel happy.

