

# Glenfield Infant School Knowledge Organiser



## Year 1 — Spring 1

## RSHE

## Keeping Safe

### What should I already know?

I can say what I can do if I have strong, but not so good feelings, to help me stay safe (e.g. sad - talk to someone). I can give examples of how I keep myself healthy. I can say when medicines might be harmful (e.g. overdose, if not needed, another person's medicine, etc.)

### Vocabulary

share	To let others use or enjoy something that you have.
sleep	when your body and mind rest to feel better and get energy for the next day.
Uncomfortable	feeling uneasy, not relaxed, or in a way that makes you feel bad or bothered.
healthy	being strong, feeling good, and taking care of your body and mind.
private	something meant to be kept to yourself and not shared with everyone.
worried	feeling scared or nervous that something bad might happen.
scared	feeling afraid of something that might hurt you or is hard to understand.
internet	a big network that lets computers, tablets, and phones share information and connect with people all over the world.

### 1. Super sleep

Key things we need to do before bed include brushing teeth, washing hands, putting pyjamas on and having a bedtime story.



Having a routine for bedtime to promote good sleep habits. Finish screentime at least an hour before going to sleep.



**Sleep helps you grow, be happy and friendly. It even helps us with our school work when we're awake! It improved memory and learning and how we get on with the people around us.**

### 2. Who can help? (1)

**Nervous could feel like ...**

Butterflies in tummy  
Feeling hot or sweaty  
Feeling sick or shaky  
Needing to use the toilet  
Going red in the face

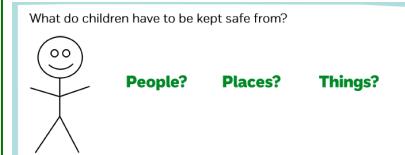
*'When I am worried I can talk to...'*



**When we talk to someone about our worries they can help us to feel OK or happy again.**

### 3. Good or bad touches?

#### NSPCC: The Underwear Rule



**PANTS** is a rule that helps us to keep safe from abuse.



### 4. Sharing pictures

**What is the internet?**  
**How do we do we get onto it?**  
**How can it help people?**  
**Is everything that we see or read on the internet true?**

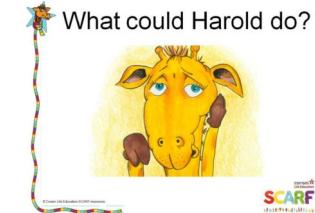


**How can we keep safe as we use it? Now and later?**  
**Think about risks you've heard about on internet.**

**There are a lot of benefits to the internet, there are also a lot of risks that we need to think carefully about when using it.**

### 5. What could Harold do?

**What illnesses have you had?**  
**How did you feel when you were ill?**  
**Did you need medicine?**  
**What medicines have you heard of?**  
**Who gave it to you and where did they get it?**



**How did they know how much to give you?**

**Medicines can help you feel better and stay healthy. Household products can be harmful if**

### 6. Harold loses Geoffrey

- 'Why is it upsetting to lose something?
- Have you ever lost anything but then found it later? How did it feel to find it again?
- Have you ever lost anything but never found it again? How did that feel? Were you able to replace the item?



Sometimes we lose things and find them again and sometimes we lose things forever. But these feelings don't last forever and once we find something we feel positive emotions again.