



Words you will learn:



calm

A feeling when everything feels peaceful and okay.



fair

Allowing everyone the same chance.



friendly

Being kind and welcoming towards others.

We are all special. Your **strengths** are the things you are good at or do well.



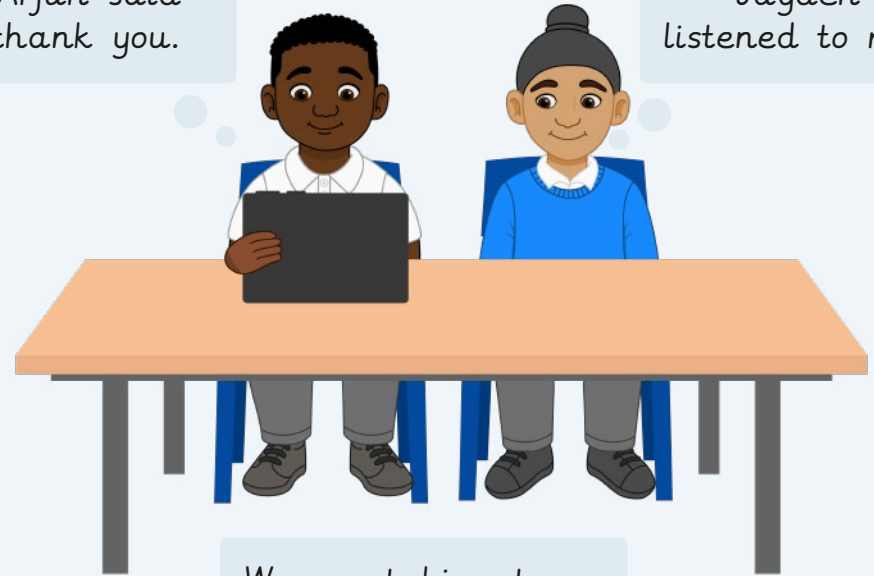
We can practise and try hard to get better at something.



We show respect by being **polite**, listening and taking turns.

Arjun said
thank you.

Jayden
listened to me.



We are taking turns.

We can be **kind** even if we are angry or upset.

I feel sad.

I am sorry.

Please stop.

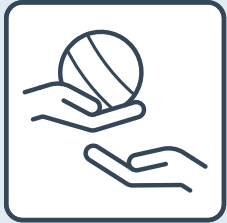
That has upset me.



Friends can:



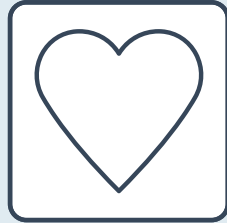
help



share



listen



care



support

Friendship can stop us feeling **lonely**, but friends will not always agree.



I help my mum.



My gran reads with me.

Every **family** is special.



Nina's family



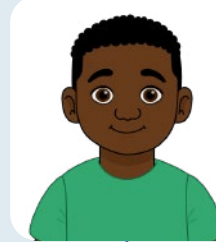
Daniel's family



Priya's family

Home should feel **safe**. If you do not feel **safe**, tell a **trusted adult**.

A **trusted adult** is a grown-up who can help you and keep you **safe**.



Can you name a **trusted adult**?