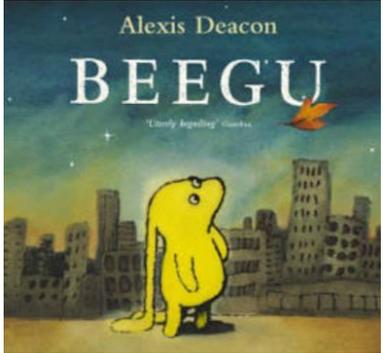
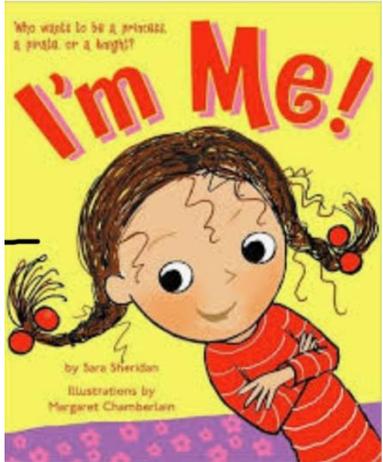
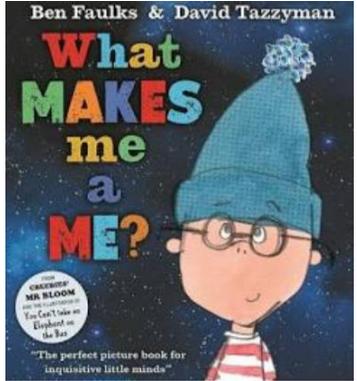
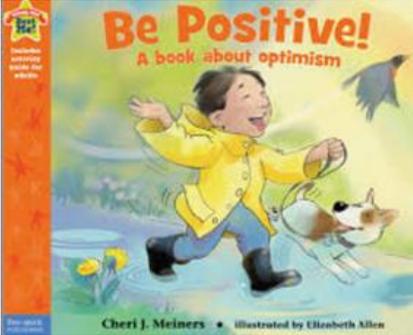


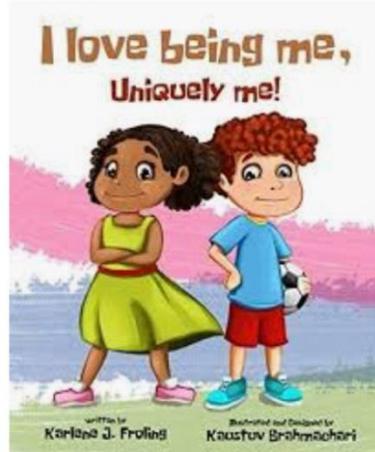
# Being Me in My World - Year 1 Knowledge Mat

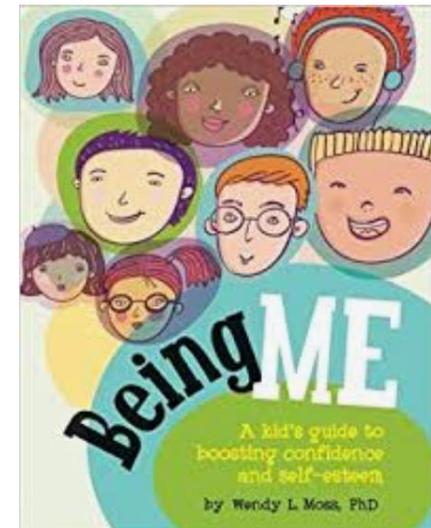
Subject Specific Vocabulary		End of Unit Knowledge Outcomes	Useful Books	
<b>Change</b>	To become different.			
<b>Experience</b>	To encounter or undergo an event.			
<b>Feelings</b>	Emotions such as happiness and sadness.			
<b>Goal</b>	An aim or a purpose.			
<b>Opinion</b>	A view formed about something.			
<b>Persevere</b>	To try to do or to continue doing something in a determined way despite having problems.			
<b>Unique</b>	Being one of a kind.			<input type="checkbox"/> I can learn ways in which I am unique.
				<input type="checkbox"/> I understand that there has never been and will never be another me.
		<input type="checkbox"/> I can think about myself and learn from my experiences.		
		<input type="checkbox"/> I can recognise and celebrate my strengths.		
		<input type="checkbox"/> I can set a simple but challenging goals.		
		<input type="checkbox"/> I can share my opinions on things that matter to me and I explain my views through discussions with one other person and the whole class.		
		<input type="checkbox"/> I can learn about change and loss and the associated feelings (including moving home, losing toys, pets or friends).		
		<input type="checkbox"/> I can learn about good and not-so-good feelings.		
				

# Being Me In My World - Year 2 Knowledge Mat

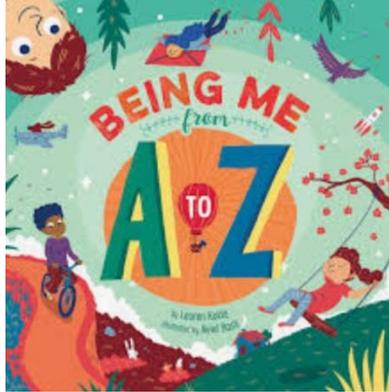
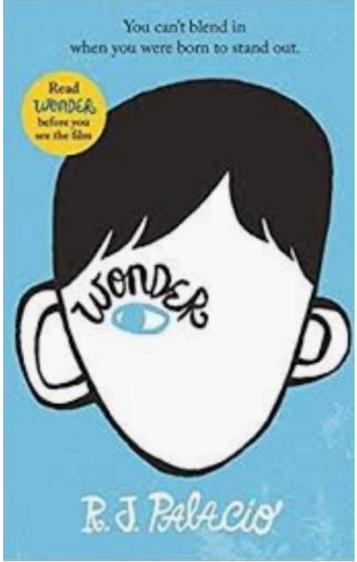
Subject Specific Vocabulary		End of Unit Knowledge Outcomes	Useful Books
<b>Choices</b>	A range of different things to choose from.	 <ul style="list-style-type: none"> <li><input type="checkbox"/> I can learn from my experiences.</li> <li><input type="checkbox"/> I can recognise and celebrate my strengths</li> <li><input type="checkbox"/> I can set simple yet challenging goals.</li> <li><input type="checkbox"/> I can recognise what I like and dislike.</li> <li><input type="checkbox"/> I can make real and informed choices.</li> <li><input type="checkbox"/> I can learn about good and not-so-good feelings, to develop a vocabulary to describe their feelings to others.</li> <li><input type="checkbox"/> I can develop simple strategies for managing feelings.</li> <li><input type="checkbox"/> I can discuss things I am thankful for and focus on what I do have, rather than what I don't have.</li> </ul>	  
<b>Dislike</b>	To not like someone or something.		
<b>Informed</b>	Showing knowledge of a subject or situation.		
<b>Like</b>	When you feel positively about something or someone.		
<b>Strategies</b>	Plan of action to achieve a long term goal.		
<b>Strengths</b>	The ability to do things that need a lot of physical or mental strength.		
<b>Resilient</b>	To be able to be happy or successful again after something difficult or bad has happened.		

# Being Me In My World - Year 3 and 4 Knowledge Mat

Subject Specific Vocabulary		End of Unit Knowledge Outcomes	Useful Books
<b>Attitude</b>	A feeling or opinion about something or someone.		
<b>Balanced Lifestyle</b>	When a healthy balance exists between time and effort spent working and relaxing.		
<b>Hormones</b>	Various chemicals in the body that are carried by the blood and that influence the body's growth and how it works.	<input type="checkbox"/> I understand that having a positive attitude is good for my mental health.	
		<input type="checkbox"/> I can identify uncomfortable feelings and talk about what might cause them.	
<b>Negative</b>	Bad or harmful.	<input type="checkbox"/> I understand that puberty and hormonal changes our bodies go through can be the cause of new and difficult emotions.	
<b>Neutral</b>	Not supporting or helping either side.	<input type="checkbox"/> I understand the implications of having a positive attitude	
<b>Positive</b>	Full of hope and confidence.	<input type="checkbox"/> I understand the implications of having a positive attitude towards learning.	
		<input type="checkbox"/> I recognise that they may experience conflicting emotions and when they might need to listen to, or overcome them	
<b>Responsible</b>	To be in control of yourself so that you can be held accountable for your actions	<input type="checkbox"/> I can face new challenges positively by collecting information, looking for help, making responsible choices, and taking action.	
<b>Uncomfortable</b>	Causing or feeling unease or awkwardness.	<input type="checkbox"/> I can learn how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'.	



# Being Me In My World - Year 5 and 6 Knowledge Mat

Subject Specific Vocabulary		End of Unit Knowledge Outcomes	Useful Books
<b>Adolescence</b>	The time when a child is developing into an adult.	 <ul style="list-style-type: none"> <li><input type="checkbox"/> I can face new challenges positively by collecting information, looking for help, making responsible choices and taking action.</li> <li><input type="checkbox"/> I can consider what positively and negatively affects my physical, mental and emotional health.</li> <li><input type="checkbox"/> I can apply a growth mindset to my everyday life.</li> <li><input type="checkbox"/> I can recognise that I may experience conflicting emotions and when I might need to listen to and overcome these.</li> <li><input type="checkbox"/> I understand how our feelings can impact on our thoughts and actions.</li> <li><input type="checkbox"/> I understand the term 'body image' and I can name some of the things that affect the way we see ourselves.</li> <li><input type="checkbox"/> I can critically examine what is presented to me in social media and I can understand that information in social media can misrepresent or mislead.</li> </ul>	  
<b>Body Image</b>	The idea that someone has of what their own body looks like.		
<b>Conflicting Emotions</b>	The presence of different and opposing emotions.		
<b>Ideal</b>	Perfect, or the best possible.		
<b>Mislead</b>	To cause someone to believe something that I not true.		
<b>Misrepresent</b>	To falsely describe an idea, opinion or situation, often in order to get an advantage.		
<b>Self-esteem</b>	Belief and confidence in your own ability and value.		
<b>Society</b>	A large group of people who live together in an organised way.		
<b>Representative</b>	Typical of, or the same as, others in a larger group of people.		
<b>Responsible Choices</b>	Making choices that are safe an healthy for yourself and others.		