



# PSHE



Welcome to the Year 1/2 PSHE newsletter. We hope you will find the information here useful. Please come and speak to us if you have any questions.

The focus for PSHE this term: Emotions and further work on Bullying. During this half term, children will also complete activities during Fun week.

Emotions: The children will learn about mood swings and three little words. The children will also complete work on Stranger Danger.

Bullying: The children will complete work on bullying and how to get help or help a friend.



## Key Vocabulary

sad happy good bad love  
help anger  
rage calm happiness goals  
targets challenges

## Key Learning

I know that making positives choices can make me feel happier  
I can recognise when I am feeling angry and use different techniques to help me become calm again  
I know that love is a special feeling between two people  
I know that I will feel sad at some point  
I can recognise situations where I might feel sad such as losing someone/ something I love, changes in my life and time of worry



# Is it Bullying?



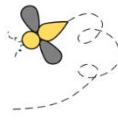
When someone says or does something unintentionally hurtful and they do it once.

**That's RUDE**



When someone says or does something intentionally hurtful and they do it once.

**That's MEAN**



When someone says or does something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you're upset.

**That's BULLYING**

## Key Vocabulary

bully teasing blame forgive  
support help advice report  
bullying  
name calling deliberate  
accidental  
forgiveness

## Key Learning

I know what a bully is  
I know that bullying is persistent  
I know that bullying can hurt someone inside and out  
I know that it is wrong to be unkind someone and that this can hurt their feelings  
I recognise that bully can occur through sending unkind emails and messages and that this is called Cyberbullying  
I know that there are different kinds of bullying  
I recognise the difference between an accident and something that has been done deliberately  
I know where to go for help or support if I am being bullied

## Key Vocabulary

fair unfair right wrong respect  
kind unkind similarities differences  
teasing behaviour fairness