



## PSHE at Suffolks

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me Drugs and Alcohol Awareness	Relationships	Changing Me Sex Education
Year 2	Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me Drugs and Alcohol Awareness	Relationships	Changing Me Sex Education
Year 3	Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me Drugs and Alcohol Awareness	Relationships	Changing Me Sex Education
Year 4	Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me Drugs and Alcohol Awareness	Relationships	Changing Me Sex Education
Year 5	Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me Drugs and Alcohol Awareness	Relationships	Changing Me Sex Education
Year 6	Being Me in my World	Celebrating Differences	Dreams and Goals	Healthy Me Drugs and Alcohol Awareness	Relationships	Changing Me Sex Education

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Progression of skills							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World	<p>Understands how it feels to belong and that we are similar and different</p> <p>Start to recognise and manage my feelings</p> <p>Enjoy working with others to make school a good place to be</p> <p>Understand why it is good to be kind and gentle</p> <p>Start to understand children's rights and that all children should be allowed to learn and play</p> <p>Start to understand what being responsible means</p>	<p>To understand my rights and responsibilities as a member of the class</p> <p>To know that my views are values and to contribute to the learning charter</p> <p>To understand the choices I make and the consequences involved</p> <p>To feel special and safe in the class and to help make others feel the same</p> <p>To recognise how it feels to be proud of an achievement</p> <p>To recognise the range of feelings when I face certain consequences</p>	<p>To identify some hopes and fears for the school year</p> <p>To recognise when I feel worried and know who to ask or help</p> <p>To understand the rights and responsibilities for being a member of my class and school</p> <p>To help make my class a safe and fair place</p> <p>To listen to other people and contribute my own ideas about rewards and consequences</p> <p>To work cooperatively</p> <p>To recognise the choice I make and understand the consequences</p>	<p>To recognise my worth and can identify positive things about myself and my achievements</p> <p>To set personal goals</p> <p>To value myself and know how to make someone else feel welcomed and valued</p> <p>To face new challenges positively, make responsible choices and ask for help when I need it</p> <p>To recognise how it feels to be happy, sad or scared and be able to identify if other people are feeling these emotions.</p> <p>To understand why rules are needed and how they relate to</p>	<p>To know that my attitude and actions make a difference to the class as a team</p> <p>To know how good it feels to be included in a group and understand how it feels to be excluded</p> <p>To understand who is in my school community, the roles they play and how I fit in</p> <p>To take a role in a group and contribute to the overall outcome</p> <p>To understand how democracy works through the school council</p> <p>To understand how my action affects myself and others; to care about people's feelings and try to empathise with them</p>	<p>To face new challenges positively and know how to set personal goals</p> <p>To know what I value most about my school and identify my hopes for the school year</p> <p>To understand my rights and responsibilities as a citizen to my country</p> <p>To empathise with people in this country whose lives are different to my own</p> <p>To be responsible for my own behaviour and know how rewards and consequences feel</p> <p>To understand that my actions affect me and others</p> <p>To understand how an individual's</p>	<p>To identify my goals for the year, understand my fears and worries and know how to express them</p> <p>To feel welcomed and valued and to know how to make others feel the same</p> <p>To know that there are universal rights for all children but for many children these rights are not met</p> <p>To understand my own wants and needs and compare these with children in different communities</p> <p>To understand that my actions affect other people locally and globally</p> <p>To make choices about my own behaviour because I</p>

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				<p>rights and responsibilities</p> <p>To understand that my actions affect myself and others and to care about other people's feelings</p> <p>To make responsible choices and take action and to see how these actions affect others</p> <p>To try and see things from someone else's point of view</p>	<p>To understand how rewards and consequences motivate people's behaviour</p> <p>To understand how groups come together to make decisions</p> <p>To understand how democracy and having a voice benefits the school community</p>	<p>behaviour can impact on a group</p> <p>To contribute to a group and understand how we function best as a whole</p> <p>To understand how democracy and having a voice benefits the school community and know how to participate in this.</p>	<p>understand how rewards and consequences feel and how these relate to my rights and responsibilities</p> <p>To understand how democracy and having a voice benefits the school community and know how to participate in this.</p>
<p>Celebrating Differences</p>	<p>To identify something I am good at and understand that everyone is good at different things</p> <p>To understand that being different make us all special</p> <p>To know that we are all different but the same in some ways</p>	<p>To identify similarities and differences between people in my class</p> <p>To tell you what bullying is and to understand how it feels</p> <p>To know some people who I could talk to if I am feeling unhappy or being bullied</p>	<p>To begin to understand that sometimes people make assumptions about boys and girls (stereotypes)</p> <p>To understand some ways in which boys and girls and similar and different and that this is okay</p> <p>To understand that bullying is sometimes about difference</p>	<p>To understand that everybody's family is different and important to them</p> <p>To understand that differences and conflicts sometimes happen between family members; to calm myself down and use a 'solve it together' approach</p> <p>To know what it means to be a witness to bullying;</p>	<p>To understand that sometimes, we make assumptions based on what people look like</p> <p>To understand what influences me to make assumptions based on how people look and to question why I think what I do about the way people look</p> <p>To know that sometimes bullying</p>	<p>To understand that cultural differences sometimes cause conflict</p> <p>To be aware of my own culture</p> <p>To understand what racism is</p> <p>To be aware of what my attitude towards people from different races are</p>	<p>To understand that there are different perceptions about what normal means</p> <p>To understand how being different could affect someone's life</p> <p>To be aware of my attitudes towards people who are different</p> <p>To explain ways in which one person or</p>

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	<p>To tell you why I think my home is special to me</p> <p>To tell you how to be a kind friend</p> <p>To know which words to use to stand up for myself when someone says or does something unkind</p>	<p>To know how to make new friends and how it feels to make a new friend</p>	<p>To tell you how someone who is bullied feels and how to be kind to them</p> <p>To recognise what is right and wrong and know how to look after myself</p> <p>To know when and how to stand up for myself and other and how to get help if I am being bullied</p> <p>To understand that it is OK to be different from other people and still be friends with them</p> <p>To understand the importance of not judging others when we are different from them</p> <p>To understand that differences make us special and unique</p>	<p>to know ways of helping someone who has been bullied feel better</p> <p>To know that witnesses can make the situation better or worse by what they do</p> <p>To problem solve bullying situations with others</p> <p>To recognise that some words are used in a hurtful way; not to use words in hurtful ways (e.g. gay, fat)</p> <p>To tell you about a time when my words affected someone's feelings and what the consequences were; to give and receive compliments and know how this feels.</p>	<p>is hard to spot and I know what to do if I think it is going on</p> <p>To know how it feels to witness or be a victim of bullying</p> <p>To explain why witnesses sometimes join in with bullying or do not tell someone</p> <p>To identify what is special about me and value the ways in which I am unique; to like and respect the unique features of my physical appearance</p> <p>To explain a time when my first impression changed after I got to know them; to explain why it is good to accept people for who they are</p>	<p>To understand how rumour-spreading and name-calling can be bullying behaviour</p> <p>To discuss a range of strategies for managing my feelings in bullying situations</p> <p>To explain the difference between direct and indirect types of bullying</p> <p>To compare my life with people in the developing world</p> <p>To value happiness regardless of material wealth</p> <p>To understand different cultures from my own; to respect different cultures.</p>	<p>a group can have power over another</p> <p>To know how it feels to be excluded or treated badly for being different</p> <p>To know some of the reasons why people use bullying behaviours</p> <p>To give examples of people with disabilities who lead amazing lives</p> <p>To explain ways in which difference can be a source of conflict and a cause for celebration.</p>
Dreams and Goals	To understand that if I persevere I can take challenges	To set a simple goal	To choose a realistic goal and think about how to achieve it	To tell you about a person who has faced difficult	To tell you about some of my hopes and dreams	To understand that I will need money to	To know my learning strengths and can set challenging but

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	<p>To tell you about a time I didn't give up until I achieved my goal</p> <p>To set a goal and work towards it</p> <p>To use kind words to encourage people</p> <p>To understand the link between what I learn now and the job I might get when I'm older</p> <p>To say how I feel when I achieve a goal and know what it means to feel proud</p>	<p>To explain things I do well</p> <p>To work out how to achieve my goal</p> <p>To know how I learn best</p> <p>To understand how to work well with a partner; to celebrate achievements with my partner</p> <p>To tackle new challenges and understand that this might stretch my learning</p> <p>To identify obstacles which make it more difficult to achieve my new challenge and work out how to overcome them</p> <p>To tell you how I felt when I succeeded in a new challenge and how I celebrated it</p>	<p>To persevere even when I find things difficult</p> <p>To explain my strength as a learner</p> <p>To recognise who I work well with and who it is more difficult to work with</p> <p>To work well in a group</p> <p>To explain how to work well in a group</p> <p>To know how to share success with other people</p>	<p>challenges and achieved success</p> <p>To respect people who have overcome obstacles and achieved their dreams (e.g. through a disability)</p> <p>To identify a dream/ambition that is important to me</p> <p>To imagine how I might feel when I achieve my dream/ambition</p> <p>To enjoy facing new learning challenges and working out the best ways for me to achieve them</p> <p>To break down a goal into a number of steps and know how others can support me</p> <p>To know that I am responsible for my own learning and can use my strengths as a learner</p>	<p>To understand that sometimes hopes and dreams do not come true and that this can hurt</p> <p>To know what disappointment feels like and know when I have felt this way</p> <p>To know that reflecting on positive and happy experiences can help me to counteract disappointment</p> <p>To know what it means to be resilient and to have a positive attitude</p> <p>To know how to make a new plan and set new goals even if I have been disappointed</p> <p>To identify the contribution made by myself and other to my own and a group's achievement</p>	<p>help me achieve some of my dreams</p> <p>To imagine what my life might be like when I grow up</p> <p>To know a range of jobs carried out by people. To explore how much people earn in different jobs.</p> <p>To appreciate the contributions made by people in different jobs</p> <p>To identify a job I would like to do when I grow up and understand what motivates me to want to achieve it</p> <p>To understand that learning and education help me to build my future</p> <p>To describe the dreams and goals of young people in a culture different to mine</p>	<p>realistic goals for myself</p> <p>To understand why it is important to stretch the boundaries of my current learning</p> <p>To work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these</p> <p>To set my own success criteria so that I will know whether I have reached my goal</p> <p>To identify problems in the world that concern me and talk to people about it</p> <p>to work with other people to help make the world a better place</p> <p>To empathise with people who are suffering or who are</p>
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				<p>To be motivated and enthusiastic about achieving our new challenge</p> <p>To recognise obstacles which might hinder my achievement and take steps to overcome them</p> <p>To manage my feelings of frustration</p> <p>To evaluate my own learning process and identify how it can be done better next time.</p>		<p>To understand that communicating with someone in a different culture means we can learn from each other</p>	<p>living in difficult situations</p> <p>To describe some ways in which I can work with other people to help make the world a better place</p> <p>To know what some people in my class like or admire about me and I can accept their praise</p>
<p>Healthy Me</p>	<p>To understand that I need to exercise to keep my body healthy</p> <p>To understand how moving and resting are good for my body</p> <p>To know which foods are healthy and not healthy and</p>	<p>To understand the difference between being healthy and unhealthy and know some ways to keep myself healthy</p> <p>To know how to make healthy lifestyle choices</p> <p>To know how to keep myself clean and healthy and</p>	<p>To know what I need to keep my body healthy</p> <p>To show and tell you what relaxed means and to know which things make me feel relaxed and stressed</p> <p>To understand when a feeling is weak or strong</p>	<p>To understand how exercise affects my body and know why my heart and lungs are such important organs</p> <p>To set myself a fitness challenge</p> <p>To know that the amount of calories, fat and sugar I put</p>	<p>To recognise how friendship groups are formed, how I fit into them and the friends I value most</p> <p>To understand that there are people who take on the roles of leaders and followers in a group and know which role I take in different situations</p>	<p>To know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart</p> <p>To know some of the risks of misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p>	<p>To take responsibility for my health and make choices that benefit my health and well-being</p> <p>To know about different types of drugs and their uses and their effects on the body, particularly the liver and heart</p>

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<p>to make healthy eating choices</p> <p>To know how to help myself go to sleep and understand why sleep is good for me</p> <p>To know how to wash my hands thoroughly and understand why this is important before I eat and after I go to the toilet</p> <p>To know what a stranger is and how to stay safe if a stranger approaches me</p>	<p>know that germs can cause illness</p> <p>To know that all household products, including medicines, can be harmful if not used properly.</p> <p>To understand that medicines can help me if I feel poorly and how to use them safely</p> <p>To know ways of helping myself if I feel poorly</p> <p>To know how to keep safe when crossing the road and people who can keep me safe</p> <p>To recognise when I feel frightened and know how to ask for help</p> <p>To tell you why I think my body is amazing and identify ways to keep it safe and healthy</p>	<p>To understand how medicines work in my body and how important it is to use them safely</p> <p>To sort foods into the correct food groups and know which food my body needs every day to keep me healthy</p> <p>To have a healthy relationship with food and know which foods I enjoy the most</p> <p>To make some healthy snacks and explain why they are good for my body</p> <p>To decide which foods to eat to give my body energy</p>	<p>into my body will affect my health</p> <p>To tell you my knowledge and attitude towards drugs</p> <p>To identify things, people and places that I need to keep safe from and to know strategies for keeping myself safe, who to go to for help and how to call emergency services</p> <p>To identify when something feels safe or unsafe</p> <p>To take responsibility for keeping myself and others safe</p> <p>To understand how complex my body is and how important it is to take care of it</p> <p>To respect my body and appreciate what it does for me</p>	<p>To understand the facts about smoking and the effects on health and also some of the reasons some people start to smoke</p> <p>To recognise negative feelings in peer pressure situations (embarrassment, shame, inadequacy and guilt) and know how to act assertively</p> <p>To understand the facts about alcohol and its effects on health, particularly the liver and also some of the reasons people drink alcohol</p> <p>To recognise when people are putting me under pressure and can explain ways to resist this when I want</p> <p>To know myself well enough to have a clear picture of what</p>	<p>To know and put into practice basic emergency aid procedures (including the recovery position) and know how to get help in emergency situations</p> <p>To know how to keep myself calm in emergencies</p> <p>To understand how the media, social media and celebrity culture promotes certain body types</p> <p>To reflect on my own body image and know how important it is that this is positive and I accept and respect myself</p> <p>To describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p>	<p>To understand that some people can be exploited and made to do things that are against the law</p> <p>To know why some people join gangs and the risks this involves</p> <p>To suggest strategies to someone so they can avoid being pressurised</p> <p>To understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p> <p>To recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse</p>
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					I believe is right or wrong	To know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy	
Relationships	<p>To identify some of the jobs I do in my family and how I feel like I belong</p> <p>To know how to make friends to stop myself from feeling lonely</p> <p>To think of ways to solve problems and stay friends</p> <p>To understand the impact of unkind words</p> <p>To use calming time to manage my feelings</p> <p>To know how to be a good friends</p>	<p>To identify the members of my family and understand that there are lots of different types of families</p> <p>To identify what being a good friend means to me</p> <p>To know appropriate ways of physical contact to greet my friends and know which ways I prefer</p> <p>To recognise which forms of physical contact are acceptable and unacceptable to me</p> <p>To know who can help me in my school community</p>	<p>To identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate</p> <p>To accept that everyone's family is different and understand that most people value their family</p> <p>To understand that there are lots of forms of physical contact within a family and that some of this acceptable and some is not</p> <p>To know which type of physical contact I like and don't like</p>	<p>To identify the roles and responsibilities of each member of my family and can reflect on the expectation for males and females</p> <p>To identify and put into practice some of the skills of friendship e.g. taking turns, being a good listeners etc.</p> <p>To know how to negotiate in conflict to try to find a win-win solution</p> <p>To know and can use some strategies for keeping myself safe online</p> <p>To know who to ask for help if I am worried or</p>	<p>To recognise situations which can cause jealousy in relationships</p> <p>To identify someone I love and can express why they are special to me</p> <p>To tell you about someone I know that I no longer see</p> <p>To recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</p> <p>To know how to stand up for myself and how to negotiate and compromise</p>	<p>To have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</p> <p>To understand that belonging to an online community can have positive and negative consequences</p> <p>To understand there are rights and responsibilities in an online community or social network</p> <p>To recognise when I am spending too much time on a device</p> <p>To identify things I can do to reduce screen time so my health isn't affected</p>	<p>To know that it is important to take care of my mental health</p> <p>To understand that sometimes people have problems with their mental health and that this is nothing to be ashamed of</p> <p>To know how to take care of my mental health</p> <p>To understand that there are different stages of grief and that there are different types of loss that can cause people to grieve</p> <p>To recognise when people are trying to gain power or control</p>



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		<p>To recognise my qualities as a person and a friend</p> <p>To tell you why I appreciate someone who is special to me</p> <p>To know ways to praise myself</p>	<p>To identify some of the things that cause conflict with my friends</p> <p>To understand that sometime it is good to keep a secret and sometimes it is not good to keep a secret</p> <p>To recognise and appreciate people who can help me in my family, my school and my community</p> <p>To express my appreciation for the people in my special relationships</p>	<p>concerned about anything online</p> <p>To explain how some of the actions and work of people around the world help and influence my life</p> <p>To understand how my needs and rights are shared by children around the world and can identify how our lives may be different</p> <p>To empathise with children whose lives are different to mine and appreciate what I may learn from them</p> <p>To know how to express my appreciation to my friends and family</p>	<p>To understand what having a boyfriend/girlfriend might mean and that is a special relationship for when I am older</p> <p>To know how to show love and appreciation to the people and animals who are special to me</p>	<p>To explain how to stay safe when using technology to communicate with my friends.</p>	<p>To resist pressure to do something online that might hurt myself or others</p> <p>To use technology positively to communicate with my friends and family</p>
Changing Me	<p>To name parts of my body</p> <p>To tell you some things I can do and</p>	<p>To start to understand the life cycles of animals and humans</p>	<p>To recognise life cycles in nature</p> <p>To understand that some changes are</p>	<p>To understand that in animals and humans, lots of changes happen between conception and growing up and</p>	<p>To understand that some of my personal characteristics have come from my birth parents and that this happens because I</p>	<p>To be aware of my own self-image and how my body image fits that</p>	<p>To be aware of my own self-image and how my body image fits into that</p>

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<p>foods I can eat to be healthy</p> <p>To know that we all grow from babies to adults</p> <p>To express how I feel about moving to Year 1</p> <p>To talk about my worries and the things I am looking forward to about Year 1</p> <p>To share my best memories about this year in Reception</p>	<p>To understand that as I grow, changes will happen and that it is ok</p> <p>To tell you some things about me that have changed and about things that have stayed the same</p> <p>To tell you how my body has changed since I was a baby</p> <p>To understanding that growing up is natural and that people grow at different rates</p> <p>To identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus</p> <p>To respect my body and know which parts are private</p>	<p>outside of my control</p> <p>To tell you the natural process of growing from young to old and understand that this is not in my control</p> <p>To recognise how body has changed since I was a baby and where I am on the continuum from young to old</p> <p>To recognise physical differences between boys and girls, use the correct names for the parts of the body and appreciate that some parts of my body are private</p> <p>To understand that there are different types of touch and can tell you which ones I like and don't like</p> <p>To be confident to say what I like and</p>	<p>that it usually is the female that has the baby</p> <p>To understand how babies grow and develop in the mother's uterus</p> <p>To understand what a baby needs to live and grow</p> <p>To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</p> <p>To identify how boys' and girls' bodies change on the outside during this growing up progress</p> <p>To identify how boys' and girls' bodies change on the inside during the process of growing up and can tell you why these changes are necessary so that</p>	<p>am made from the joining of their egg and sperm</p> <p>To correctly label the internal and external parts of the male and female bodies that are necessary for making a baby</p> <p>To understand that having a baby is a personal choice</p> <p>To have strategies to help me cope with the physical and emotional changes I will experience during puberty</p> <p>To describe how a girl's body changes in order for her to be able to have babies when she is an adult and that menstruation (having periods) is a natural part of this</p> <p>To identify changes that are out of my control and how to accept them</p>	<p>To know how to develop my own self-esteem</p> <p>To explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>To understand that puberty is natural and happens to everybody at different times</p> <p>To describe how boys' and girls' bodies change during puberty</p> <p>To understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>To also understand that sometimes people need IVF to help them have a baby</p>	<p>To explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>To describe how a baby develops from conception through the nine months of pregnancy and how it is born</p> <p>To understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a boyfriend and girlfriend</p> <p>To understand that respect for one another is essential in a boyfriend/girlfriend relationship and that I should not feel pressured into doing</p>
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	<p>To understand that every time I learn something new, I change a little bit</p> <p>To tell you about some changed that have happened in my life and to know some strategies to cope with them</p> <p>To identify what I am looking forward to when I move to my next class</p>	<p>like and ask for help when needed</p> <p>To identify what I am looking forward to when I move to my next class</p>	<p>their bodies can make babies when they grow up</p> <p>To recognise how I feel about these changes happening to me and know how to cope with these feelings</p> <p>To start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>To identify what I am looking forward to when I move to my next class</p>	<p>To be confident enough to try to make changes when I think they will benefit me</p> <p>To identify what I am looking forward to when I move to my next class</p>	<p>To identify what I am looking forward to about becoming a teenager and understand that this brings growing responsibilities</p> <p>To identify what I am looking forward to when I move to my next class</p>	<p>something I don't want to</p> <p>To be aware of the importance of a positive self-esteem and what I can do to develop it</p> <p>To identify what I am looking forward to and what worried me about the transition to secondary school</p>
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### Assembly themes

Unit	Weekly celebration in Assembly
Being me in my world	We are celebrating people who: <ol style="list-style-type: none"> <li>1. Help others feel welcome</li> <li>2. Try to make our school community a better place</li> <li>3. Think about everyone's right to learn</li> <li>4. Care about other people's feelings</li> <li>5. Work well with others</li> <li>6. Follows the learning charter</li> </ol>
Celebrating differences	We are celebrating people who: <ol style="list-style-type: none"> <li>1. Accept that everyone is different</li> <li>2. Include others when working and playing</li> <li>3. Know how to help if someone is being bullied</li> <li>4. Try to solve problems</li> <li>5. Try to use kind words</li> <li>6. Know how to give and receive compliments</li> </ol>
Dreams and goals	We are celebrating people who: <ol style="list-style-type: none"> <li>1. Stay motivated when doing something challenging</li> <li>2. Keep trying even when it is difficult</li> <li>3. Work well with a partner or in a group</li> <li>4. Have a positive attitude</li> <li>5. Help others to achieve their goals</li> <li>6. Are working hard to achieve their own dreams and goals</li> </ol>
Healthy Me	We are celebrating people who: <ol style="list-style-type: none"> <li>1. Have made a healthy choice</li> <li>2. Have eaten a healthy, balanced diet</li> <li>3. Have been physically active</li> <li>4. Have tried to keep themselves and others safe</li> <li>5. Know how to be a good friend and enjoy healthy relationships</li> <li>6. Know how to keep calm and deal with difficult situations</li> </ol>
Relationships	We are celebrating people who: <ol style="list-style-type: none"> <li>1. Know how to make friends</li> </ol>

## PSHE at Suffolks

	<ol style="list-style-type: none"><li>2. Try to solve friendship problems when they occur</li><li>3. Help other to feel part of a group</li><li>4. Show respect in how they treat others</li><li>5. Know how to help themselves and others when they feel upset or hurt</li><li>6. Know and show what makes a good relationship</li></ol>
Changing Me	<p>We are celebrating people who:</p> <ol style="list-style-type: none"><li>1. Understand that everyone is unique and special</li><li>2. Can express how they feel when change happens</li><li>3. Understand and respect the changes that they see in themselves</li><li>4. Understand and respect the changes that they see in others</li><li>5. Know who to ask for help if they are worried about change</li><li>6. Are looking forward to change</li></ol>