



Holy Family Halewood

Year 1 and 2 – Personal Development
Theme: Health and Wellbeing
Topic: Growing and Changing



Learning Objectives

- to recognise what makes them special and unique including their likes, dislikes and what they are good at
- how to manage and whom to tell when finding things difficult, or when things go wrong
- how they are the same and different to others
- about different kinds of feelings
- how to recognise feelings in themselves and others
- how feelings can affect how people behave



Key Words

- Skills
- Talents
- Confidence
- Feelings
- Behaviour
- Likes
- Dislikes
- Different
- Unique

Important Facts to Remember

- Smiling can help make us feel happier!
- It is important to share our comfortable and uncomfortable thoughts and feelings with people we trust.
- It is important to learn about our thoughts and feelings and how we can cope with them.
- We are all unique!
- There are things you can do to make you feel better if you are unhappy or angry.
- Remember to be happy to be you!
- We are all different and we are all special.

Who can help me to manage my feelings?

A trusted adult at home or in school

It could be a parent, carer or teacher



How are you feeling?

