



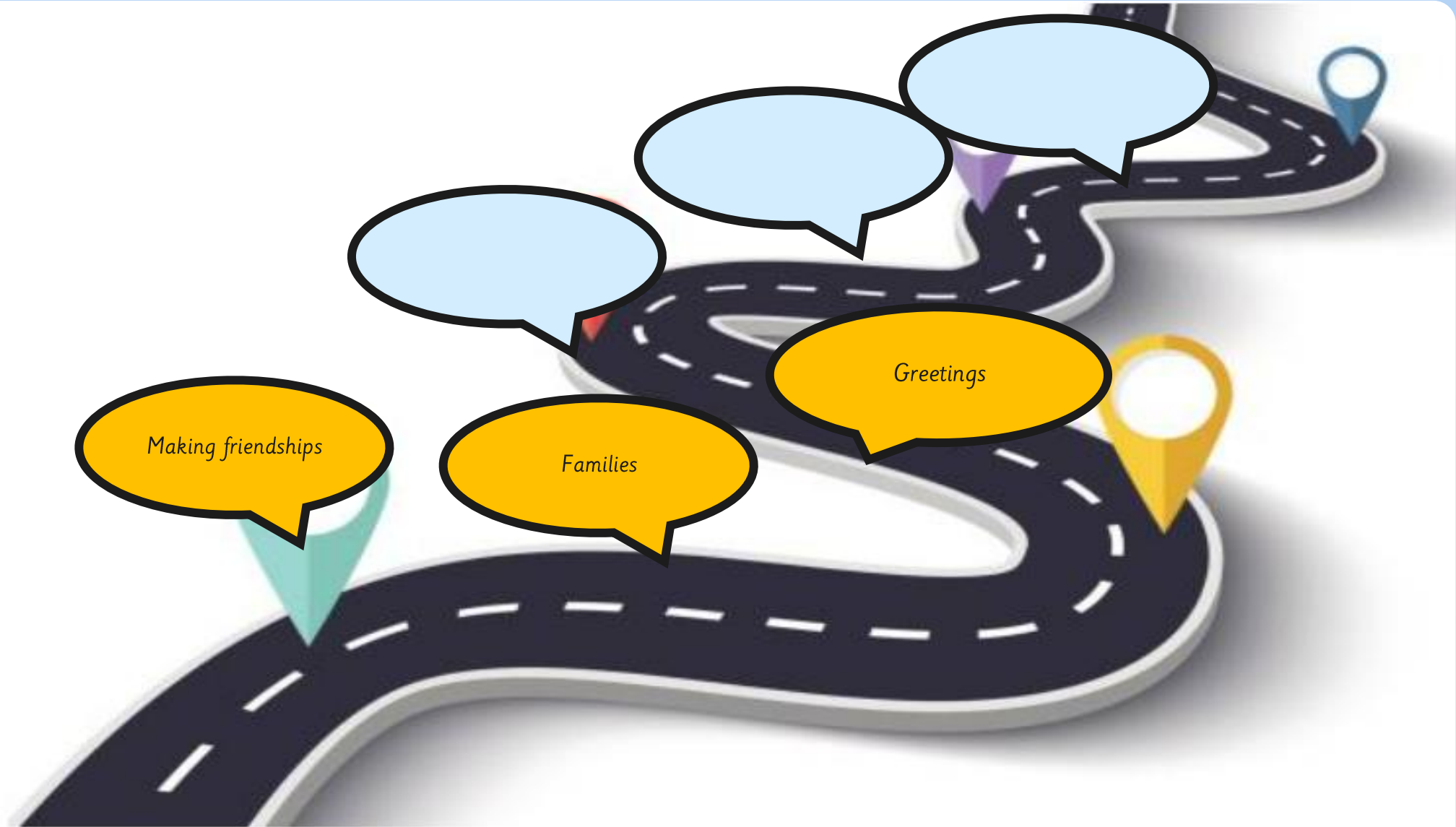
PSHE

Week 3

PSHE learning journey

Key Vocabulary

- Friends
- Kind
- Friendship
- Sharing
- Qualities





LQ: Can I explain appropriate ways of physical contact to greet my friends?

Steps to success



- I can identify appropriate ways of physical contact to greet my friends.*
- I can talk about the different ways of physical contact that I prefer.*
- I can explain which forms of physical contact are acceptable and unacceptable to me .*

Star words

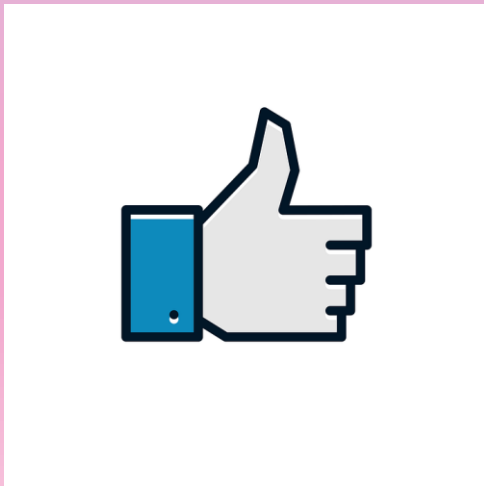
Greeting



Texture



Like



Dislike



Touch



Thursday 30th April 2026

LQ: Can I explain appropriate ways of physical contact to greet my friends?

Calm me



*Ring the chime . Stay silent
so you can hear the chime.*

*What thing that makes you
happy will you think of?*

LQ: Can I explain appropriate ways of physical contact to greet my friends?

Lets play a game!

With the children seated in a circle, join hands round the circle and ask the children to close their eyes. The teacher squeezes the hand of the child to their left or right, that child passes the squeeze on to the next child and so on until the squeeze arrives back at the teacher. Open eyes and check that everybody got a squeeze.



LQ: Can I explain appropriate ways of physical contact to greet my friends?

Here are some pictures of people holding hands



TP – How do you feel about holding hands?

TP – When do you like to hold hands and who with?

LQ: Can I explain appropriate ways of physical contact to greet my friends?

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We all feel differently about holding hands, some people like the feeling of holding hands with friends or parents/carers and some people don't like holding hands with people we don't know very well.

All these feelings are ok and it is important that we listen to our bodies and minds when something feels ok and when something doesn't feel good.



LQ: Can I explain appropriate ways of physical contact to greet my friends?

Using a bag, fill it with different items and give the children the experience of feeling different textures and explore vocabulary which can be used, e.g. hard, soft, warm, cold, cuddly, smooth. Encourage the children to identify those that they like and those that they dislike.

As a class, discuss:

What textures do you like to feel?

What textures do you not like to feel?

Are there some textures that everyone likes?

Is it ok not to like how something feels?



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TASK

Working in pairs, role play various ways of greeting, using different types of physical contact e.g. shaking hands, hugging, high five, gently fist bumps. Children can then come up with a special way of greeting each other using some kind of physical touch that is acceptable to both of them.

As a class, discuss how they greet their friends, family, teacher etc.

Self assessment

Do you understand the task?

