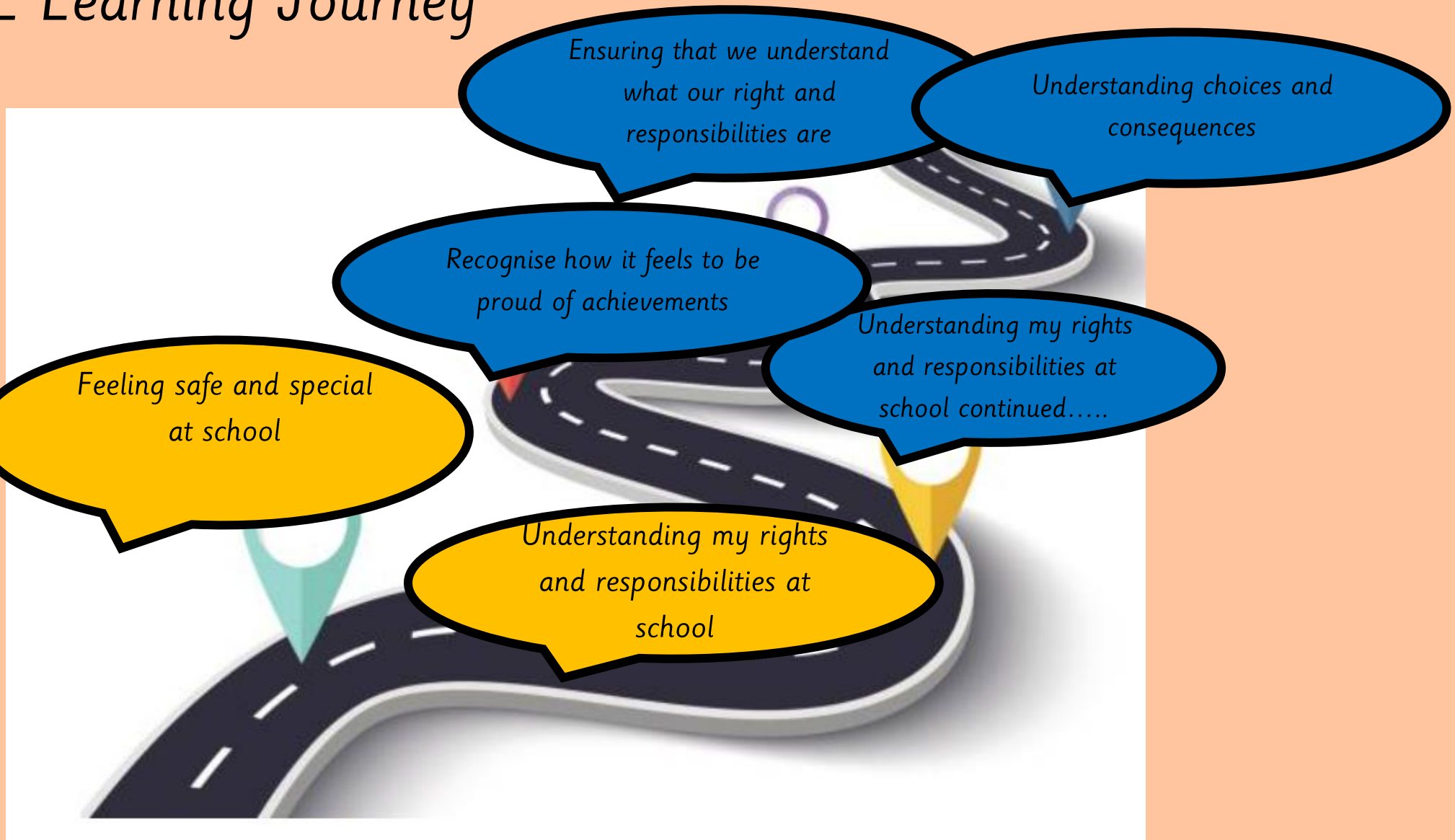
Our PSHE Learning Journey

Key vocabulary:

Thankful
God
Allah
Brahin
Grateful
Harvest





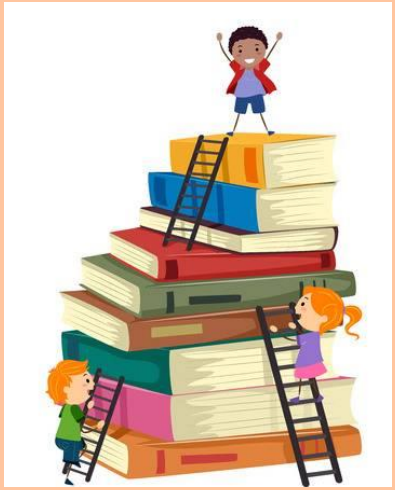
PSHE

Week 1

Wednesday 9th September 2026



LQ: Can I feel safe and special in my class?



Steps to success

I know what special means.

I can describe a time that I felt special.

Star Words

special



safe



calm



Wednesday 9th September 2026

LQ: Can I feel safe and special in my class?

PSHE lessons allow us to talk about different topics. It gives us the chance to share our ideas, feelings and experiences.



We are going to be talking about important topics. During this, we will need to follow the circle time rules in PSHE.

Wednesday 9th September 2026

LQ: Can I feel safe and special in my class?

RULES



1. Respect each other in the circle. Only one person can speak at a time. Do not interrupt when another person is speaking. You can pass an object around the circle to help see whose turn it is to talk.

2. You have the right to pass. You do not have to speak if you are not comfortable. If you want to pass when the speaking object is given to, you just pass it on.

3. When we are telling our story of someone who upset us, don't use names. Just say 'somebody'. This is so if the person is one of your friends in the room, they do not feel embarrassed.

Wednesday 9th September 2026

LQ: Can I feel safe and special in my class?

Can you feel your tummy rise and fall as your lungs fill with air?

Do this several times. As you breathe out feel any worries or noisy thoughts float away over the hills and into the distance, like the sound of the chime.

Worries and noisy thoughts float away over the hills as you breathe in and out slowly and gently.

You feel happy and peaceful. Your mind is nice and calm and ready to learn.







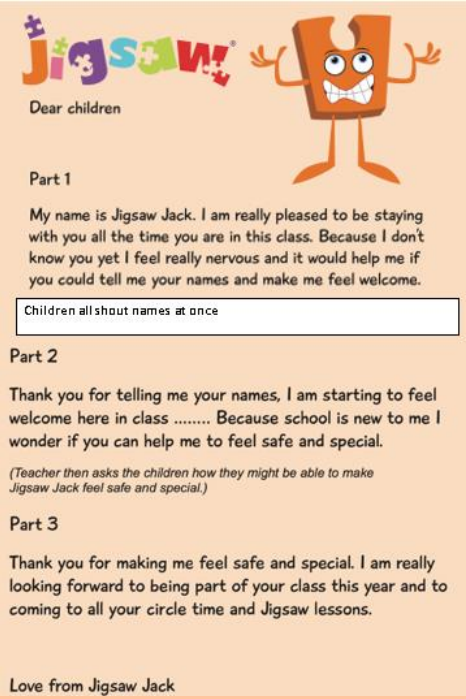
Wednesday 9th September 2026

LQ: Can I feel safe and special in my class?

Jigsaw Jack!

This is Jigsaw Jack. He will be joining us this year for PSHE





Jigsaw

Dear children

Part 1

My name is Jigsaw Jack. I am really pleased to be staying with you all the time you are in this class. Because I don't know you yet I feel really nervous and it would help me if you could tell me your names and make me feel welcome.

Children all shout names at once

Part 2

Thank you for telling me your names, I am starting to feel welcome here in class ..... Because school is new to me I wonder if you can help me to feel safe and special.

(Teacher then asks the children how they might be able to make Jigsaw Jack feel safe and special.)

Part 3

Thank you for making me feel safe and special. I am really looking forward to being part of your class this year and to coming to all your circle time and Jigsaw lessons.

Love from Jigsaw Jack

He has written the class a letter. Can you read it?

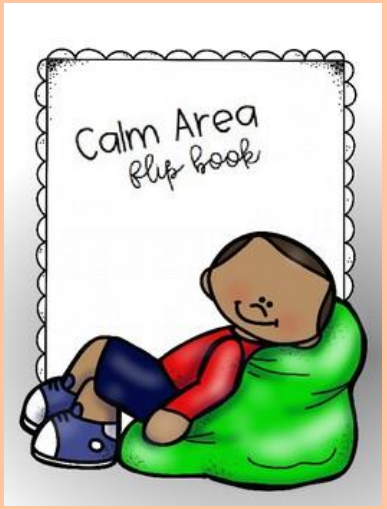
Wednesday 9th September 2026

LQ: Can I feel safe and special in my class?

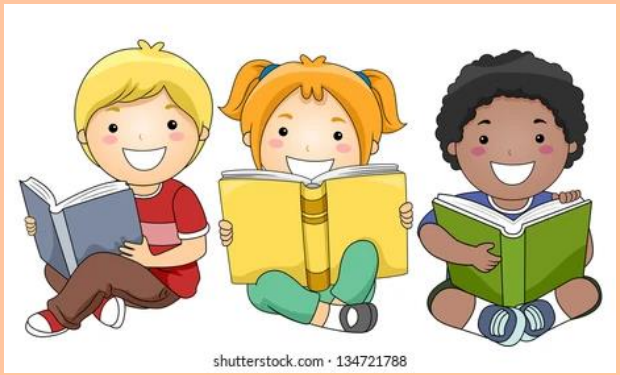
Safe and Special













When have you felt safe or special? Go around the circle and share.

Remember to follow the rules

Wednesday 9th September 2026

LQ: Can I feel safe and special in my class?

TASK

On your paper, you are drawing a time that you have felt safe on your paper.



Challenge: Can you describe what you have drawn to a friend?