

PSHE

Week 1

Wednesday 4th November 2026



LQ: Can I identify similarities between people in my class?



Step to success

I can tell you a similarity between me and my friends.

Star Words

similarities



differences



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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.









Starter

We are going to sit in a circle. The game we are going to play is the swap seats game. Listen carefully.

Swap seats if you like chocolate ice cream.
Swap seats if you have a pet cat.
Swap seats if you chose blue for lunch.
Can you think of any more?

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RECAP

Let's have a look at our class rules.

Kerr Class Rules

1. We need to make sure we listen and respect **ALL** teachers.



2. When we are on the carpet, we have to sit, cross our legs and face the board.



3. If a teacher is talking, we must be listening.
4. If you have something to say, we put our hand up.



5. We have to stay sitting in our chairs. When we get up, we have to tuck them in.

TPs – Why are the class rules important?

Stem Sentence: They are important because…

TPs – If we don't follow the class rules, what could happen?

Stem Sentence: We could…

Refer to your class rules. Emphasise on consequence for 2nd TP question.

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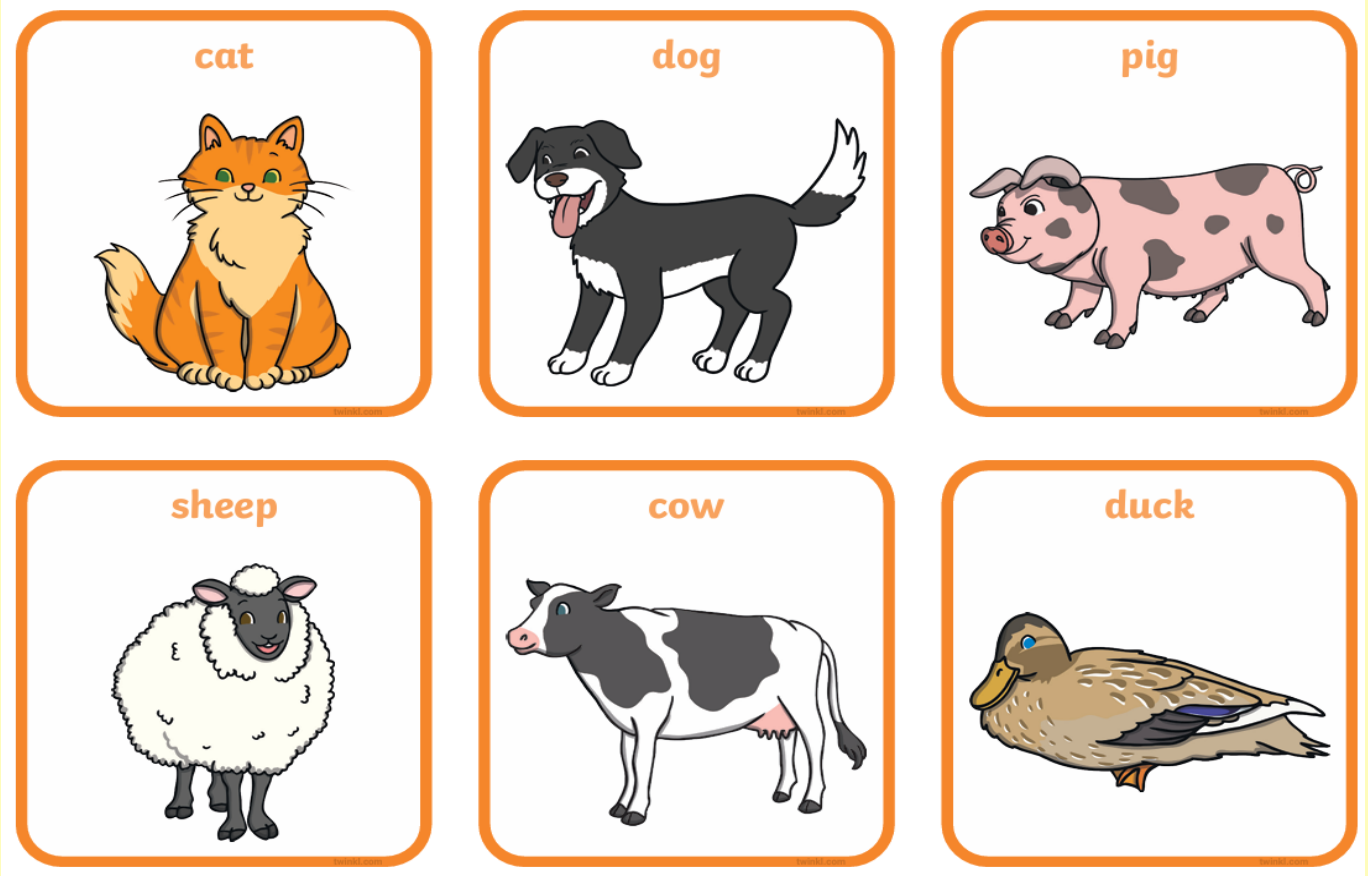
Everyone has a picture of an animal. Find the person who has the same animal as you and sit with them sensibly. I am going to put a 1 minute timer on.



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LQ: Can I identify similarities between people in my class?

Can you name some things that are similar about the children in this class?

year group

eye colour

gender

class

skin tone

clothes

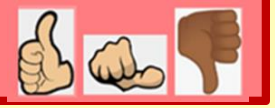
height

hair

school

Self assessment

Do you understand what similarities mean?



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Task

Make a t-shirt for our class bunting. On the t-shirt write three things that are the same about you and your partner.



Self assessment

Do you understand the task?

