

Year 3 Overview

| Learning outcomes for each lesson | Optional Home Follow Up |
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| Lesson 1 - Feelings and Feeling Safe | |
| <p>I know that a feeling is just a feeling, it's not good or bad</p> <p>I understand my right to be safe and my responsibilities to keep others safe</p> | <p>Find something at home or in their community that helps them to feel safe – an object or place or activity. Write about or draw it and bring it back into school.</p> <p>Other useful resources "How do you feel"? Anthony Brown "Have you filled a bucket today"? Carol McCloud "The great big book of feelings" Mary Hoffman and Ros Asquith</p> |
| Lesson 2 - Early Warning Signs, Fun to Feel Scared and Feeling Unsafe | |
| <p>I know what my Early Warning Signs are and how to manage them</p> <p>I can give an example of when I have responded positively to my Early Warning Signs (in school)</p> | <p>At home parents and carers could remind children that if they are feeling unsafe and especially if it is an emergency the important things to do are:-</p> <ul style="list-style-type: none"> - Get yourself out of the situation if you can - Talk to a trusted adult - If there is no-one you can talk to, phone Child line does anyone know the number? - 08001111 - In an emergency ring the police – does anyone know the number? 999 |
| Lesson 3 - Body Awareness and safe touch | |
| <p>I know that no one has the right to hurt us, not even our mums and dads</p> <p>I can identify different types of touch;</p> <p>I know about parts of my body which are personal and private and should not be touched without my permission;</p> <p>I know what to do if I start to feel unsafe.</p> <p>I know who I can talk to if I am worried/upset/anxious</p> | <p>I am the Boss of my Body Sheet to complete</p> <p>Children to give examples such as: I like being hugged, tickled and holding hands with my friends. I don't like wrestling, people playing with my hair etc</p> |
| Lesson 4 - Secrets and telling | |
| <p>I know what characteristics someone who can help me has</p> <p>I can tell you a time when I have asked for help in school</p> <p>I know where to get help outside of school</p> | <p>Make a helping hand for outside of home, remember not everyone can think of 4 people but there are other people who can also help us like Child line who we could put up the sleeve.</p> |