

Year 1 - Additional activities (from North Tyneside Relationships Scheme)

Celebrating Difference

Year 1

Week	
1	<p>Activity 1</p> <p>Small groups of children look at their face in a mirror and talk about what they see. Look at their eyes, are they both the same colour? Are there flecks of different colours in their eyes? Is their hair the same colour all over? Is it straight, curly or wavy? Is their skin pale, reddish, freckled, olive, brown, dark brown or black? Look at other facial features, such as the chin, forehead and eyebrows.</p> <p>Draw self-portraits or paint a picture of their face. List the ways that we are the same, the physical attributes they share and also the feelings that they share.</p>
2	<p>Activity 2</p> <p>Revisit pictures / self portraits. Discuss how are we different? Does being different make us feel good, or not so good? Explain that we all have similarities and differences and this makes us all unique / special.</p> <p>Ask the children. What is special about you? What are you good at?</p> <p>In a round ask children to complete the sentence „I am good at.“ circle activity.</p> <p>Teach the children to give complements to each other about what they are good at.</p> <p>Discuss groups we belong to e.g. school, church, dancing, football, beavers, rainbows etc. What do we have in common with people in these groups? Why do we like being in a group? How does it make us feel?</p>
3	
4	<p>I know some people who I could talk to if I was feeling unhappy or being bullied</p> <p>I can be kind to children who are bullied and I can talk about our school values and what is in The Friendship Box</p>
5	<p>I can describe what a friend is:</p> <p>I can discuss friends outside of school and the groups I belong to e.g. church, dance, football, beavers, rainbows. What do we have in common?</p>
6	

Changing Me

Year 1

Week	
1	
2	
3	
4	<p>I understand that parts of my body are private NSPCC Underwear rule – PANTS Teach the NSPCC Underwear rule - PANTS https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/ Privates are Private Always remember your body belongs to you No means No Talk about secrets that upset you Speak up, someone can help</p>
5	
6	

Relationships

Year 1

Week	I can draw who is in my family I can describe how my family makes me feel protected and safe
1	
2	I know how to make a friend and when to use The Friendship Box
3	I understand to use kind hands at school Reinforce the 'kind hands' message which was used in Reception
4	I can draw my family doing something fun and discuss the things families do together I know to tell a trusted adult at school if someone in my family makes me feel unhappy and safe I know I can talk to a teacher or adult at school
5	
6	