

Year 1: PSHE

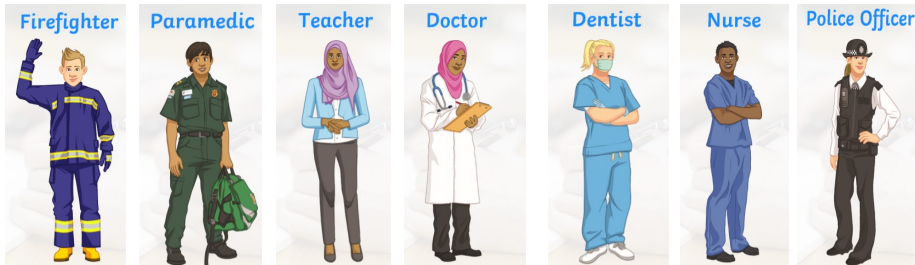
Money and Work: Strengths and Interests; Jobs in the Community
 Growing and Changing: Being Unique and Special; Feelings; Managing When Things Go Wrong

Jobs in the Community

People work so that they can be fulfilled and earn money. There are many different types of jobs and each job needs different skills.



Some people train to do jobs that help people.



We all have different things we are good at. These are called '**strengths**'. Not everyone is good at the same things!

If you put your mind to it and work hard at school, you can be anything that you want to be!

Managing Our Feelings

We all have lots of different feelings called 'emotions'. This is normal! Your feelings can affect how you behave.

ZONES OF REGULATION!

| Blue | Green | Yellow | Red |
|--|--|---|---|
| | | | |
| Sick Sad Tired Bored Moving Slowly | Happy Calm Good to Go Focused Ready to Learn | Frustrated Worried Silly/Wiggly Anxious Excited | Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space |

Once you begin to recognise your feelings, you can begin to control your behaviour.

You can ask for help from:

- your parent;
- adults in school;
- your friends.

You could also put a note in your Worry Box!

Being Unique and Special

We are all unique and we are all special! We all look different and we all have different personalities. We all like and dislike different things.

Be proud of who you are.
 Be the best that you can be.

Be you!

Vocabulary

| | |
|---------------|--|
| earn | To work to make money. |
| interests | Things that someone likes to do or find out about. |
| money | Pounds and pence. |
| occupation | A person's job. |
| salary | The amount of money someone earns. |
| strengths | Being good at something. |
| unique | One of a kind. |
| weakness | Not being good at something. |
| World of Work | Everything to do with having a job. |

CRC Article 29: All children have the right to be the best that they can be.

