

Greenfields Community School- Knowledge Organiser

PSHE focus	PSHE	Year 1	Autumn 1
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Five Fabulous Facts - It Is Great To Be Me
There is only one me in the world and I am very special.
I have lots of different feelings. Some of them are: happy, sad, angry, worried, excited, fear. All of them are ok to feel.
I can use lots of different strategies, when I have different feelings. These help me to regulate my feelings and feel calm.
I know that I am a good friend. I can share, be kind, help others and take turns.
I can explain why families are important and how they help children as they grow up

It Is Great To Be Me

The Zones of Regulation

Blue Zone | Green Zone | Yellow Zone | Red Zone

How are you feeling today?

Key Vocabulary

Feelings - Happy, sad, worried, angry, exhausted, excited, calm, confused, worries, scared.

Family - mummy, daddy, brother, sister, grandparents, aunty, uncle, cousins

Unique, special, caring, kind