PSHE Association

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A BETTER MEDWAY
Easier ways to be healthy

My special people

KS1 Lesson 1

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Learning objective

☑ We are learning about the special people in our lives and how we care for one another.

Learning outcomes

☑ I can identify who special people might be.

☑ I can explain what makes someone 'special' and important.

☑ I can describe the different ways special people care for us.

☑ I can recognise how we can care for them in return.

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Ground rules

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Special people

A special person is…

Can you finish this sentence?

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Story time

Listen to the story.

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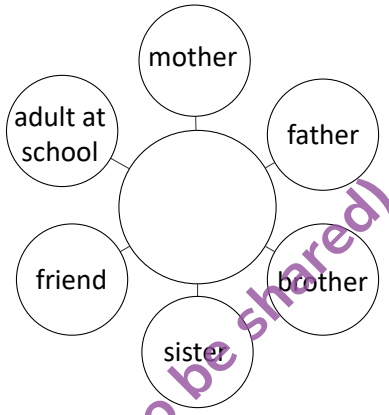
Who else might be special to the child?



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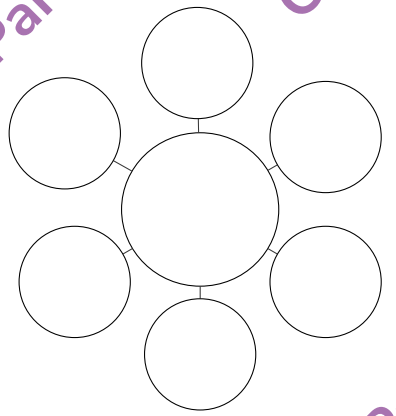
Who is special to you?



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Writing about someone special

My special person is _____, _____ and _____.

They are special to me because _____.

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Special people care for each other

How might the Grandfather help and care for the child?

How might the child help and care for the Grandfather?

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Caring for each other

Ways special people can help and care for me…	Ways I can help and care for special people…

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Special people

A special person is…

Can you finish this sentence?

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Signposting support

Special people make us feel safe, happy and comfortable.

If you ever feel uncomfortable or unsure about something, it is important to speak to a trusted adult.

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More activities

Thank you card

Design a thank you card for a special person.

Graffiti board

As a class, make a graffiti board or flipchart to show what you have learnt about 'special people'.

Everyone can add one word, picture or symbol.

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