



Me and my family

Lesson 1

Title: My Family

Learning objectives:

- To identify different ways that families and individual members care for each other.
- To be able to describe their families.
- To understand that families are special.

Lesson 2

Title: What makes a family?

Learning objective:

- To think about our families, how they may be different and how families love and care about each other.

Lesson 3

Title: Respecting differences

Learning objective:

- To be kind and respectful towards people who are different from us.

Lesson 4

Title: Feeling safe – following my body signs

Learning objectives:

- To be able to recognise safe and unsafe situations.
- To be able to recognise the physical signs of being unsafe.
- To know what to do if feeling unsafe while on technology (online)

Lesson 5

Title: Being safe with friends and families

Learning objectives:

- To be able to name and recognise a range of emotions.
- To be aware of the different people who can help us.
- To know that we can express our feelings in an appropriate way.