



Knowledge and skills				
I know what we need in order to be able to do our best in school.	I can think of examples of when I might feel impulsive.	I can identify special people in the school and community who can help to keep me safe.	I can explain how to keep myself and others safe on the internet.	Identify any problems with the school environment (e.g. things needing repair).
I can describe and record strategies for getting on with others in the classroom.	I can explain strategies I can use to manage impulsive behaviour.	I know how to ask for help.	I know what to do if something happens online that makes me feel uncomfortable.	Make suggestions for improving the school environment.
				Recognise that they all have a responsibility for helping to look after the school environment.

Vocabulary				
respect independent kindness communication	anger frustration behaviour impulsive	safe trust community help	online internet personal information comfortable uncomfortable	enviroment responsibility local talking community teamwork

Visual representations

What Can I Do When I'm Feeling Angry?

It's OK to feel angry – everyone does from time-to-time! Being angry can sometimes make you feel like you want to bash something or hurt somebody else but that wouldn't be a good choice. Use one of the choices below to help you get your angry feelings out.

Close my eyes and take some deep breaths.

Go for a walk.

Draw lots of clouds and imagine my anger floating away.

Do star jumps.

Sing as loudly as I can.

Count down from 100.

Listen to my favourite song or watch my favourite cartoon.

paramedic police officer firefighter doctor

SCARF

Staying Safe Online

- Respect other users. Be kind and polite online.
- Don't share personal information.
- Only talk to people you know online.
- Visit safe websites that a trusted adult has checked first.
- Tell a trusted adult if something makes you upset or uncomfortable.