Year 1 PSHE Medium Term Plan - Autumn		
Theme: Making Friends, Playing and Learning together **Mental Health and Wellbeing**		
Core Substantive Knowledge	**Key Vocabulary**	**Key Questions**
Making Friends, Playing and Learning together: Children learn: • How to make and maintain positive friendships. • How to listen, share and work cooperatively with others. • The importance of kindness, respect and inclusion. • How to resolve disagreements and make up after falling out. • How to recognise bullying and unkind behaviour. • When and how to ask for permission.	friendship, kindness, sharing, cooperation, respect, inclusion, permission, bullying, listening, teamwork	• What makes a good friend? • How can I be kind to others? • Why is it important to share and listen? • What should I do if I fall out with a friend? • When should I ask for permission?
Mental Health and Wellbeing: Children learn: • To notice and name different feelings and emotions. • That everyone experiences a range of feelings. • Simple ways to manage difficult feelings. • How paying attention to positive experiences can support wellbeing. • The difference between helpful and unhelpful thoughts. • Who can help if they feel worried, upset or overwhelmed.	emotion, feeling, wellbeing, happy, sad, worried, calm, thought, support, kindness	• What different feelings can I experience? • How can I manage difficult feelings? • What helps me feel calm and happy? • How can my thoughts affect how I feel? • Who can I talk to if I need help?