

Year 3 Overview

Learning outcomes for each lesson	Optional Home Follow Up
Lesson 1 - Feelings and Feeling Safe	
I know that a feeling is just a feeling, it's not good or bad I understand my right to be safe and my responsibilities to keep others safe	Find something at home or in their community that helps them to feel safe – an object or place or activity. Write about or draw it and bring it back into school. Other useful resources "How do you feel"? Anthony Brown "Have you filled a bucket today"? Carol McCloud "The great big book of feelings" Mary Hoffman and Ros Asquith
Lesson 2 - Early Warning Signs, Fun to Feel Scared and Feeling Unsafe	
I know what my Early Warning Signs are and how to manage them I can give an example of when I have responded positively to my Early Warning Signs (in school)	At home parents and carers could remind children that if they are feeling unsafe and especially if it is an emergency the important things to do are:- - Get yourself out of the situation if you can - Talk to a trusted adult - If there is no-one you can talk to, phone Child line does anyone know the number? - 08001111 - In an emergency ring the police – does anyone know the number? 999
Lesson 3 - Body Awareness and safe touch	
I know that no one has the right to hurt us, not even our mums and dads I can identify different types of touch; I know about parts of my body which are personal and private and should not be touched without my permission; I know what to do if I start to feel unsafe. I know who I can talk to if I am worried/upset/anxious	I am the Boss of my Body Sheet to complete Children to give examples such as: I like being hugged, tickled and holding hands with my friends. I don't like wrestling, people playing with my hair etc
Lesson 4 - Secrets and telling	
I know what characteristics someone who can help me has I can tell you a time when I have asked for help in school I know where to get help outside of school	Make a helping hand for outside of home, remember not everyone can think of 4 people but there are other people who can also help us like Child line who we could put up the sleeve.