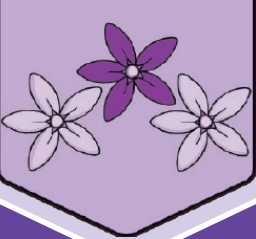


This resource shows where the **RSHE** objectives are covered within Twinkl Life's PSHE and Citizenship scheme of work.

UKS2 Be Yourself			
Twinkl Life Objective		Relationships Objective	Health Objective
 Lesson 1: You Are Unique	I can explain why everyone is unique and understand why this should be celebrated and respected.	Caring Friendships: How important friendships are in making us feel happy and secure, and how people choose and make friends. Caring Friendships: That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships. Respectful, Kind Relationships: That they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs. Respectful, Kind Relationships: Practical steps they can take and skills they can develop in a range of different contexts to improve or support their relationships. Respectful, Kind Relationships: The conventions of courtesy and manners. Respectful, Kind Relationships: The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests.	General Wellbeing: The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition. General Wellbeing: How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
	I can explain why I should share my own thoughts and feelings and I know how to do this.	Families and People Who Care for Me: That families are important for children growing up safe and happy because they can provide love, security and stability. Respectful, Kind Relationships: How to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration. Respectful, Kind Relationships: Pupils should have opportunities to discuss the difference between being assertive and being controlling, and conversely the difference between being kind to other people and neglecting your own needs.	General Wellbeing: The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition. General Wellbeing: How to recognise feelings and use varied vocabulary to talk about their own and others' feelings. General Wellbeing: How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. General Wellbeing: That change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently. General Wellbeing: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).

Resource	Twinkl Life Objective	Relationships Objective	Health Objective
Lesson 3: Uncomfortable Feelings	I can explore uncomfortable feelings and understand how to manage them.	Families and People Who Care for Me: That families are important for children growing up safe and happy because they can provide love, security and stability.	General Wellbeing: The importance of promoting general wellbeing and physical health. General Wellbeing: The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition. General Wellbeing: How to recognise feelings and use varied vocabulary to talk about their own and others' feelings. General Wellbeing: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). General Wellbeing: How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
Lesson 4: The Confidence Trick	I can understand why we sometimes feel shy or nervous and know how to manage these feelings.	Families and People Who Care for Me: That families are important for children growing up safe and happy because they can provide love, security and stability. Caring Friendships: How important friendships are in making us feel happy and secure, and how people choose and make friends. Respectful, Kind Relationships: How to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration.	General Wellbeing: The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition. General Wellbeing: How to recognise feelings and use varied vocabulary to talk about their own and others' feelings. General Wellbeing: How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. General Wellbeing: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
Lesson 5: Do the Right Thing	I can identify when I might have to make different choices from those around me.	Caring Friendships: How to manage conflict, and that resorting to violence is never right. Respectful, Kind Relationships: How to seek help when needed, including when they are concerned about violence, harm, or when they are unsure who to trust. Being Safe: How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust. Being Safe: How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult and the vocabulary and confidence needed to do so.	General Wellbeing: The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition. General Wellbeing: How to recognise feelings and use varied vocabulary to talk about their own and others' feelings. General Wellbeing: How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

			General Wellbeing: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
Resource	Twinkl Life Objective	Relationships Objective	Health Objective
Lesson 6: Making Amends	I can explore how it feels to make a mistake and describe how I can make amends.	Respectful, Kind Relationships: The conventions of courtesy and manners. Respectful, Kind Relationships: The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests.	General Wellbeing: The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition. General Wellbeing: How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.