Theme 5

Good to be me

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| Foundation stage | Years 1 and 2 | Years 3 and 4 | Years 5 and 6 |
| **Knowing myself**  I can tell you the things I like doing and the things I don’t like doing.  I can say how I feel when I am feeling proud.  **Understanding my feelings**  I can tell when I am feeling excited.  I can tell or show how I feel when I am excited.  I can say and show you when I am feeling good and happy.  I can tell or show what feeling proud looks like.  **Managing my feelings**  I can stay still and quiet for a short time.  I can relax with help.  **Standing up for myself**  I can say what I need.  I can stand up for my own needs and rights without hurting others. | **Knowing myself**  I can tell you about my ‘gifts and talents’.  I can tell you something that makes me feel proud.  I know when I learn best.  I can tell you what I have learnt.  I can tell you the things that I am good at and those things that I find more difficult.  I can tell when I am being impulsive and when I am thinking things through.  I can tell when a feeling is weak and when it is strong.  **Understanding my feelings**  I know more names for feelings than I did before.  I can use more words to express my feelings.  I can tell when I am feeling worried or anxious.  I can tell you some things that make me feel anxious.  I can tell when I am feeling proud.  I can tell you something that makes me proud.  I can help another person feel proud.  **Managing my feelings**  I can be still and quiet and relax my body.  I know what it feels like to be relaxed.  I can show or tell you what relaxed means.  I know what makes me feel relaxed and what makes me feel stressed.  I can tell you what places help me to relax.  I can explain some things that help me stop worrying.  I can change my behaviour if I stop and think about what I am doing.  **Standing up for myself**  I can tell when it is right to stand up for myself.  I know how to stand up for myself.  **Making choices**  I can use the problem-solving process. | **Knowing myself**  I know about myself and how I learn.  I can extend my learning.  I can tell you the things I am good at.  I can recognise when I find something difficult and do something about it or cope with how that makes me feel.  **Understanding my feelings**  I can tell you what feeling surprised is like.  I can tell you whether I like surprises or I like things to stay the same.  I can explain what hopeful and disappointed mean.  I understand why we sometimes fight or run away when we feel threatened.  I know why it is sometimes important to stop and think when we feel angry or stressed.  **Managing my feelings**  I can think about my worries and decide what I might do about them.  I can tell when I should share a worry.  I know that most people have worries.  I can stop and think before I act.  I can recognise when I am beginning to get upset or angry and have some ways to calm down.  I can use strategies to help me cope with feelings of disappointment and feelings of hopelessness.  I can choose when to show my feelings and when to hide them.  I can tell if I have hidden my feelings.  I can tell when it is good to relax.  I can relax when I want to.  **Standing up for myself**  I can choose to act assertively.  I know how to be assertive.  I can express myself assertively in a variety of ways | **Knowing myself**  I accept myself for who and what I am.  **Understanding my feelings**  I can tell the difference between showing I am proud and boasting.  I know that boasting can make other people feel inadequate or useless.  I can explain how I am feeling even if I have mixed feelings.  I understand that sometimes the feeling part of my brain takes over and I might make mistakes.  I can understand how my strong feelings might build up and how I might be overwhelmed by my feelings.  I can recognise when I am beginning to be overwhelmed by my feelings and can use a calming down strategy.  I know that if I have once been overwhelmed by my feelings I might easily ‘lose it’ again another time.  **Managing my feelings**  I can use some strategies to help me when I feel useless or inadequate.  I can feel positive even when things are going wrong.  I can avoid situations that are likely to hurt my feelings or make me angry.  I can recognise when I am feeling worried.  I know how to do something about my worry.  I know when and how to stop and think before I act.  I can disagree with someone without falling out.  I can cope when someone disagrees with me.  I can stand up for what I think after listening to others and making my own choice.  I understand that the majority view is not always right.  I can behave in an assertive way using appropriate body language and tone of voice.  **Making choices**  I can make a judgement about whether to take a risk. |