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. |