YEAR 1 • PSHE • UNIT 2

Don’t Forget to Let Love In!

How can we let love in and look after ourselves?

What we need to know

We are loved and we matter

Letting love in means noticing when people care for us. Unkind words do not tell us who we are.

My body belongs to me

The parts covered by my underwear are private. If touch worries me, I can tell a trusted adult.

We can like different things

I might like drawing. My friend might like building. It is OK to like different things.

We can spend or save money

I can spend money now or keep it to use later.

I can look after myself

I can wash my hands, brush my teeth and get enough sleep.

Key words

let love in Notice and accept care from others.

private Just for me.

trusted adult A grown-up I can talk to who will listen and help.

preference What I like better.

spend Use money to pay for something.

save Keep money to use later.

Can you remember?

1. Who could you tell if touch worries you?
2. What is one thing you like doing?
3. What does it mean to save money?
4. How can you look after yourself?

Sources HeartSmart Year 1 curriculum overview | NSPCC Talk PANTS