YEAR 1 • PSHE • UNIT 4

Don’t Hold On to What’s Wrong!

How can we put things right after someone is hurt?

What we need to know

- **We can put things right**
  Goldilocks could say sorry to Baby Bear and help fix his chair. This is called making amends.
- **Forgiveness can help us move on**
  When someone hurts us, we might feel upset for a while. We can choose to forgive when we feel ready.
- **We can look after our feelings**
  If we feel cross or upset, we can take a slow breath or talk to a grown-up we trust.
- **It is OK to feel disappointed**
  When things don’t go as we hoped, we can say how we feel and think about what to do next.
- **Our words can build people up**
  Kind words like “You can try again” can help someone feel ready to have another go.

Key words

make amends Do something to help put things right.

forgive Choose to let go of some of the hurt from what happened.

disappointed Sad because something did not go as you hoped.

encourage Use kind words to help someone keep trying.

Can you remember?

1. What does it mean to forgive?
2. How could Goldilocks make amends?
3. What can you do when you feel upset?
4. What kind words could help a friend?

Unit outline from the HeartSmart Year 1 curriculum overview