YEAR 1 • PSHE • UNIT 5

Fake Is a Mistake!

How can we be ourselves and tell the truth?

What we need to know

- **It is good to be ourselves**
  We can enjoy different things and be proud of what makes each of us special.
- **We can say how we really feel**
  Saying “I feel sad” or “I feel cross” helps others understand what is going on.
- **We can talk to a trusted adult**
  If we feel sad, cross or worried, we can talk to a grown-up who listens and helps.
- **Telling the truth builds trust**
  Even a small lie can leave someone confused or upset. We can be honest about what happened.
- **We can look after our teeth**
  Brushing our teeth in the morning and before bed helps keep them clean and healthy.

Key words

honest Telling the truth about what happened or how you feel.

truth What really happened or what is real.

lie Something said on purpose when you know it is untrue.

trusted adult A grown-up who listens and helps you.

dental health How healthy our teeth and gums are.

Can you remember?

1. What makes you special?
2. Who could you talk to if you feel sad?
3. How might a lie make someone feel?
4. When should you brush your teeth?

Unit outline from the HeartSmart Year 1 curriculum overview