YEAR 1 • PSHE • UNIT 6

“No Way Through” Isn’t True!

What can help us when things feel hard?

What we need to know

- **We can try a different way**
  When something feels hard, we can learn from what happened, try again or ask for help.
- **We can speak up when we feel worried**
  A birthday surprise is shared soon. If any secret makes us feel worried, we can tell a trusted adult.
- **We all have potential**
  We can learn new things. Something we find hard now can get easier with practice and help.
- **We can have hopes and dreams**
  We can think about something we would like to do and choose one small step towards it.
- **It is OK to miss someone or something**
  We might miss a person, a pet or something we have lost. We can talk about how we feel.

Key words

persevere Keep trying when something is hard.

trusted adult A grown-up who listens and helps.

potential What you might be able to do as you learn and grow.

hope Something you would like to happen.

loss When someone or something you care about is gone.

Can you remember?

1. What could you do if you get stuck?
2. Who can help if a secret worries you?
3. What is something you hope to learn?
4. What could help if you miss someone?

Unit outline from the HeartSmart Year 1 curriculum overview