YEAR 1 • PSHE • UNIT 3

Too Much Selfie Isn’t Healthy!

How can we notice and care for the people around us?

What we need to know

We can notice other people

When we think about others as well as ourselves, we can spot who might need a friend.

Small acts can help

We can invite someone to play, share what we have or help someone pick up what they dropped.

We can thank people who care for us

Different people look after us. We can say, “Thank you for helping me.”

Teamwork helps us reach a goal

We can listen, take turns and do our part to finish something together.

We can make safe choices online

Ask a trusted adult before sharing your name or photo. Tell them if something online worries you.

Key words

notice See or pay attention to something.

kindness Doing or saying something that shows you care.

appreciate Notice what someone does for you and feel thankful.

teamwork Working together to do something.

online Using the internet.

Can you remember?

1. How could you help someone at playtime?
2. How can you thank someone who helps?
3. What helps a team work well?
4. Who can help if you feel worried online?

Unit outline from the HeartSmart Year 1 curriculum overview