

# PSHRE (Cycle B) | Years 3& 4 | 2021-22

## Being Me – Social Detectives Programme

Listening skills

Looking and noticing

Greetings and including others

Waiting

Winning and losing

Taking turns

## Celebrating Difference

Challenging Assumptions

Judging by appearance and first impressions

Accepting self and others

Understanding influences

Understand bullying and problem-solving

Identifying how special and unique everyone is

## Dreams and Goals

Hopes and Dreams

Overcoming disappointment

Creating new, realistic dreams.

Achieving goals

Working in a group celebrating contributions

Resilience and positive attitudes

## Healthy Me

Healthier friendships

Group Dynamics

Smoking and Alcohol

Peer Pressure

Assertiveness

Celebrating Inner Strength

## Relationships

Jealousy

Love and loss

Memories of loved ones

Getting on and Falling out

Girlfriends and boyfriends

Showing appreciation to people and animals

## Changing Me

Being unique

Confidence in change

Accepting change

Preparing for change

Environmental change