

PSHE Well Being

Citizenship/Well-being. Session 4 Whole School Expectations in Specific Settings/scenarios- Be kind honest and helpful													
Outcome-I know ways to be kind, honest and helpful.													
<p>Resources School show me five rules Jigsaw character Jigsaw chime Jigsaw calm me script Well-being books Bucket or imaginary bucket</p>	<p>Vocabulary</p> <table border="0"> <tr> <td>Impact</td> <td>Success</td> </tr> <tr> <td>Consequences</td> <td>Kind</td> </tr> <tr> <td>Learning</td> <td>Choices</td> </tr> <tr> <td>Listen</td> <td>Honesty</td> </tr> <tr> <td>Understanding</td> <td>Helpful</td> </tr> <tr> <td>Well-being</td> <td>Resilience</td> </tr> </table>	Impact	Success	Consequences	Kind	Learning	Choices	Listen	Honesty	Understanding	Helpful	Well-being	Resilience
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<p>Teaching and Learning. <u>Circle time-Fill the bucket</u> Sitting in a circle. Ask children to think about a pleasant thing they would like to say to someone in their circle/class. Place a bucket in the centre of the circle. Children to say something into their hands then pretend to throw into the bucket. Adult to model.</p> <p><u>Calm me</u> Remind children that before each Jigsaw lesson we calm our minds ready to learn. Use calm me script or mindfulness technique.</p> <p><u>Show me Five.</u> Remind children of the whole school show me 5 school rules and where displayed in the room. This session the focus will be on rule number 4, Be kind honest and helpful.</p> <p><u>Tell me or show me.</u> Show clip https://www.youtube.com/watch?v=p2r9pAd4bE8 or read book 'Have you filled your bucket today?' By Carol McCloud. Children discuss in groups or partners. Explain that we can keep our bucket full by being kind or helpful.</p>	<p>Ask me this.</p> <p>How are we feeling?</p> <p>Are you ready and calm to learn?</p> <p>Can you tell me the 5 rules?</p> <p>What does being kind mean? How does it feel when people say kind things?</p>												

<p>Teacher to video/take photos/scribe positive dialogue between children. Discuss with children if telling the truth will fill your bucket or dip into it? Explain that sometimes it can be hard to tell the truth and be honest, but not being honest will always make a situation worse. Being honest may help to keep yourselves safe/help you/help others and feels good. It is good for our well-being.</p> <p><u>Help me reflect (choose one activity appropriate for year)</u></p> <ul style="list-style-type: none">-Children to give ideas of kind words or gestures to use, adult to scribe on mind map.-Children to draw a bucket and write words around it.-Children to write sentences about how to be kind/helpful/honest, then draw a picture.-Children draw comic strip conversations with speech bubbles of kind/helpful quotes.	<p>Who should we be kind to? Should we be kind to ourselves?</p> <p>Can we help others to be kind?</p> <p>What does being honest mean? Why is it important to be honest?</p> <p>What is the impact of kindness, honesty and helpfulness?</p>
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