

Lesson number and title	Strand	Objectives	Overview
1. My favourite things	Health Education	To know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	Pupils discuss their favourite things and how these make them feel. This might include hobbies foods, music, etc. The main activity involves writing or drawing about the things they like and things they don't like.
2. My values and what's important to me.	Health Education	To know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. To know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	Moving on from favourite physical things, this lesson focuses on pupils' values and how those values make them feel. They discuss what a value is and play a game identifying feelings based on acting out facial expressions.
3. Differences in opinion	Relationships Education	To understand the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. To understand the importance of self-respect and how this links to their own happiness.	This lesson tackles what to do when you don't agree with the things that other people think are important. Pupils will learn how you can stand up for what you believe in, without being disrespectful to others who believe differently.
4. I have choices	Relationships Education	To understand the importance of permission-seeking and giving in relationships with friends, peers and adults. To know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	This lesson focuses on pupils' rights to make decisions about their own bodies. This links to their personal preferences on things they like and dislike and relates to their own personal boundaries. Pupils are encouraged to see the difference between decisions that need to be made on their behalf, and decisions that are theirs to make.

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5. What to do if I'm worried	Relationships Education	To know how to ask for advice or help for themselves or others, and to keep trying until they are heard. To know how to report concerns or abuse, and the vocabulary and confidence needed to do so. To know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	This lesson focuses on what to do if pupils feel uncomfortable around their peers, adults or others, either online or offline.