

RHSE

YEAR 3



Southdale
C of E Junior school
Shining like stars in the universe

One Life - Year 3



STRENGTH OF SELF-AWARENESS

Session 1 MENTAL FITNESS

(Strength of Self-Awareness)

Know: Human Form:

I know my self-image is important for my mental fitness- its ok to be different

- about their strong sense of human form identity (gender, race, religion, culture etc.)
- about their human form what people see -personality, habits, strengths and weaknesses and know that we are all unique and different

Session 2 MENTAL FITNESS

(Strength of Self-Awareness)

I know that my mind should be my best friend

As a human Being know:

- that I am more than my mind and body – I am bright light
- that our thoughts and beliefs about ourselves are important to let our light shine through
- what values are important to them and how they want to show up in the world

Session 3 MENTAL FITNESS

(Strength of Self-Awareness)

I know that I must be self-aware if I want to be my best self

- that my being is beyond my human form and everyone needs to work towards being a whole person (human + being)
- that being self-aware means choosing how you show up in the world in line with your values which shine from your inner self

Session 4: SOCIAL FITNESS

(Families and people who care for me):

Know: I know what makes a family and why they are important.

- that families are important for children growing up because they can give love, security and stability.
- that families may all look different to their own, but they are also characterised by love and care
- that caring, stable relationships are at the heart of happy and healthy families



STRENGTH OF SELF-AWARENESS

Session 5: SOCIAL FITNESS

(Caring friendships)

Know: I know what makes a healthy friendship

- how important friendships are in making us feel happy and secure, and how people choose and make friends.
- How to recognise a good friend (loving, caring, loyal and trustworthy)

Session 6: PHYSICAL FITNESS

(Healthy eating)

Know: I know what makes a healthy diet

- What constitutes a healthy diet and understand what calories are
- The impact of a poor diet on health
- You are on control of your health

SESSION 7: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

To know that they are unique human beings who are born to shine beyond what you can see on the human level. That we all have strengths and weaknesses and we must accept that. To know that they are not their thoughts and they can choose which ones they pay attention to using their inner cheerleader and inner critic. To know that their values are what shine from their lights inside of them.

Social Fitness:

To know that families are built on love and care and we should spend time together., To know how to be a caring friend and show kindness

Physical Fitness:

To know that their bodies need good fuel to work well and they should eat a balanced diet.



STRENGTH OF OUR RESPONSE SYSTEM

Session 1 MENTAL FITNESS

(Strength of our response system)

Know: I know that all emotions are OK, but it is how we respond to them which is the key

- that we all have an inner cheerleader and inner critic
- that our minds are like super computers
- 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

Session 2 MENTAL FITNESS

(Strength of our response system)

Know: I know that my mind is powerful

- that we all have a choice how we respond (and not react)
- how to use the hot cross bun method to show the link between thoughts, feelings, sensations, urges and actions.

Session 3 MENTAL FITNESS

(Strength of our response system)

Know: I know some strategies that I can use when I need to choose my response

- name emotions and explain what the smoke alarm is
- know some techniques to manage your response system

Session 4: PHYSICAL FITNESS

(Health and prevention)

Know: I know that I must look after my body

- know that all bodies are good bodies
- we must love, care and respect them as we only get one body



STRENGTH OF OUR RESPONSE SYSTEM

Session 5: SOCIAL FITNESS

(Being Safe)

Know: I know that boundaries are important in my life to keep me safe

- know that their body belongs to them and only them
- what consent is- no means no
- what sorts of boundaries are appropriate in friendships with peers
- that it is not right to keep secrets if it's relating to being safe

Session 6: SOCIAL FITNESS

(Being Safe)

Know: I know what privacy is and why it is important for my safety

- about the concept of body privacy and consent
- that it is not always right to keep secrets if they relate to being safe

SESSION 7: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

Know that we all have a response system which keeps us safe. All thoughts and feelings are ok as long as you respond to them instead of react to them. This is the power we have to choose to do what is good and right.

Social Fitness:

Know what consent is and why boundaries are important to keeping you safe. Know about privacy and why this keeps everyone safe.

Physical Fitness:

Know how to look after their one body and the importance of basic hygiene and health.



FLEXIBILITY OF BOUNCING BACK

Session 1 MENTAL FITNESS

(Flexibility of bouncing back).

Know: I know that it is OK to make mistakes

- that bouncing back is important to my mental fitness
- that it is ok to make mistakes

Session 2 MENTAL FITNESS

(Flexibility of bouncing back).

I know how to bounce back using the power of my thoughts

Know:

- that some emotions can get trapped inside of us and we have to have tools to unravel them
- that we should let little things easily to ensure inner peace and happiness

Session 3 MENTAL FITNESS

(Flexibility of bouncing back).

I know that all mistakes are lessons in life

Know: I know how to forgive myself and others

- different ways to help you to bounce back peacefully
- how to Learn from my mistakes

Session 4: SOCIAL FITNESS

(Respectful Relationships)

Know: I know why respect is important and how to show it.

- 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
- that other people face challenges, this can look differently for people with disabilities
- practical steps they can take in a range of different contexts to improve or support respectful relationships.



FLEXIBILITY OF BOUNCING BACK

Session 5: SOCIAL FITNESS

(Respectful Relationships)

Know: I know practical ways that I can show respect in my relationships on and off line

- the conventions of courtesy and manners (please, thank you, excuse me)
- practical steps they can take in a range of contexts to improve or support respectful relationships
- consider online relationships
- that the same rules apply when talking online as face-to-face
- how do we show respect to others?

Session 6: SOCIAL FITNESS

(Online Relationships)

- that people sometimes behave differently online, including by pretending to be someone they are not.
- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.

SESSION 7: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

That life will be challenging and testing but we can choose how we respond and bounce back.

Know that we must keep an eye on our inner worlds so we can show up as our best selves and forgive ourselves and others. .

Social Fitness:

Know that respectful relationships are important for all people.

Know what good manners are and how to use them on and off line.

Physical Fitness:

How to recognise early signs of physical illness (weight loss or unexplained changes to the body)

About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing



POWER OF COMPASSION

Session 1 MENTAL FITNESS

(Power of Compassion)

Know: I know that compassion is suffering together

- that having self-compassion is very important – learning to be kind to yourself, accepting your mistakes and being comfortable with your feelings. This is one of the key secrets to happiness and mental fitness

Session 2 MENTAL FITNESS

(Power of Compassion)

I know that it takes awareness to be compassionate to others

- that when you make others feel good, it releases happy hormones (serotonin and oxytocin) which makes YOU feel good too!
- how to show compassion to others using SENSES technique

Session 3 MENTAL FITNESS

(Power of Compassion)

I know how to show compassion to others

- how to show compassion in the world – school community focus (use of SENSES)

Session 4: SOCIAL FITNESS

(Respectful relationships)

Know: I know how to build self-respect and respect for others

- the importance of self-respect and how this links to their own happiness.
- and understand that relationships are always better in the now
- the importance of respecting others, even when they are different (focus on physical and personality). How to manage relationships- for peace and happiness (accept what it is and know we are not our thoughts and feelings)



POWER OF COMPASSION

Session 5: SOCIAL FITNESS

(Caring Friendships: managing conflict)

Know: I know how to treat my friends and others

- why resorting to violence is never right when things go wrong in
- further characteristics of caring friendships – focus on truthfulness & trustworthiness in friendships and with peers

SESSION 6: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

Know that everyone suffers in life. We need to be aware of this and build our compassion. When we do this, it can release feel good hormones (serotonin and oxytocin) which makes YOU feel good too!

Begin to understand the SENSES to support how to be compassionate in action.

Social Fitness:

That resorting to violence is never ok in any friendship or relationship.



POWER OF NOW

Session 1 MENTAL FITNESS

(Power of NOW)

Know: I know that the present moment is the place to be

- know that we need to feed the spirit/our being to build our mental fitness and power of now.
- that the mind wants to take us away from the present moment

Session 2 MENTAL FITNESS

(Power of Now)

Know: I know how to give my full attention and why it is important

- how to give my full attention when doing and being
- and use senses to be fully alert. Feel connected inside

Session 3 MENTAL FITNESS

(Power of Now)

Know: I know why the power of now is important for all my fitness components

- the goodness in my life when I am still and present (gratitude for simple things)
- some simple techniques to help me use my power of NOW (mindful touch, mindful eating, mindful listening)
- you can show up as your best self in the present moment

Session 4: SOCIAL FITNESS

(Caring Friendships)

Know: I know why truth and trust are important in my friendships.

- some of the characteristics of caring friendships (focusing on sharing interests and experiences)
- trustworthy and truthfulness



POWER OF NOW

Session 5: PHYSICAL FITNESS

(Basic First Aid)

Know: I know what to do in an emergency to keep myself and others safe

- what to do in an emergency
- how to make a clear and efficient call to emergency services if necessary.

SESSION 6: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

Know how to build the power of now in basic everyday living so that when it is more challenging to be present you will be more successful.
Know simple techniques to return to the now.

Physical Fitness:

Know what to do in an emergency



FLEXIBILITY OF BALANCING DOING AND BEING

Session 1 MENTAL FITNESS

(Flexibility of doing and being)

I know what I am good at doing

- that we are all good at DOING different things
- preferred ways of doing
- about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing

Session 2 MENTAL FITNESS

(Flexibility of doing and being)

I know how to feed my being.

Know:

- human level won't satisfy you in the absence of conscious being.
- that we must make time to just be
- some preferred being time

Session 3 MENTAL FITNESS

(Flexibility of doing and being).

I know how to balance the doing and being.

- you are so much more than your human form (thoughts and feelings)
- you are a bright light and sometimes you need to charge the light in order to live a happy life! (being and not always doing!)

Session 4 PHYSICAL FITNESS

(Health and Prevention)

Know: I know how to be safe in the sun

- about being safe in the sun and how to reduce skin damage, including skin cancer



FLEXIBILITY OF BALANCING DOING AND BEING

Session 5 PHYSICAL FITNESS

(Physical health and fitness)

Know: I know the risks of an inactive lifestyle.

- the risks associated with an inactive lifestyle (obesity)

Session 6 PHYSICAL FITNESS

(Physical health and fitness)

Know: I know why exercise is important for my one life.

- the importance of building regular exercise into daily and weekly routines

SESSION 7: CONNECTION LESSON AND REVIEW

END GOALS:

Mental Fitness:

Know that we must balance doing and being if we want to live our one life well.

Know what I am good at doing and how I can build my being.

Know that this includes rationing time online.

Physical Fitness:

Know the importance of an active lifestyle and the dangers associated with an inactive lifestyle over time.