

What have I previously learned?

- I can say what makes a positive friendship and families.
- I can discuss how to respond to hurtful behaviour.
- I can respect differences and similarities, discussing them sensitively.
- I can manage risks confidentially online, while recognising these risk.
- I can say what makes a positive friendship and families.
- I can discuss how to respond to hurtful behaviour.

Sticky Knowledge

- I can discuss healthy sleep habits,
- I can understand what it means by personal identity, along with recognising individuality and different qualities including mental wellbeing.
- I can discuss how to keep safe in different situations, including responding to emergencies, first aid.
- I can discuss healthy sleep habits,

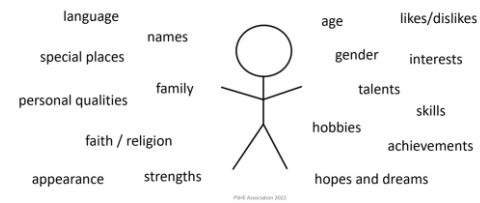
Vocabulary - Goldilocks words

Word	Definition
Immunisations	the process of protecting a person or animal from an infectious disease by putting a substance into the body that makes it produce antibodies (= proteins in the blood that fight disease)
Identity	A person's name and other facts about who they are
Individuality	the qualities that make a person or thing different from others
Emergencies	something dangerous or serious, such as an accident that happens suddenly or unexpectedly and needs fast action in order to avoid harmful results
Regulations	An official rule or the act of controlling something
Wellbeing	The state of feeling healthy and happy.

Prompts to help me in my learning

What makes us who we are?

What factors might make someone's personal identity?

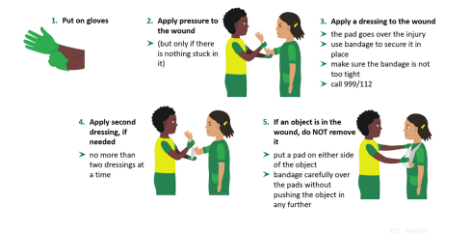


- Signs and symptoms of someone bleeding from an injury could be:
- Pain and blood at site of the injury
 - Pale skin
 - Feeling faint
 - Rapid pulse or heart rate
 - Distress and anxiety
 - Bruising and swelling
 - Lack of response

Personal qualities

- friendly, thoughtful, kind, loud, cheerful
- helpful, energetic, polite, caring
- quiet, funny, honest, hard-working
- determined, calm, sensitive, shy, outgoing
- courageous

Your turn: Severe bleeding



Useful links:

Severe Bleeding - First Aid Teaching Resources - St John Ambulance (youtube.com)