

## Key Content

Identify the members of my family and understand that there are lots of different types of families

Identify what being a good friend means to me

Know appropriate ways of physical contact to greet my friends and know which ways I prefer

Identify people who can help me in my community.

### Key Vocabulary

### Calm Down Toolkit

### Key Events

Friend

A person that someone likes and knows.

Praise

When you tell someone you like what they are doing and how they are behaving.

Community

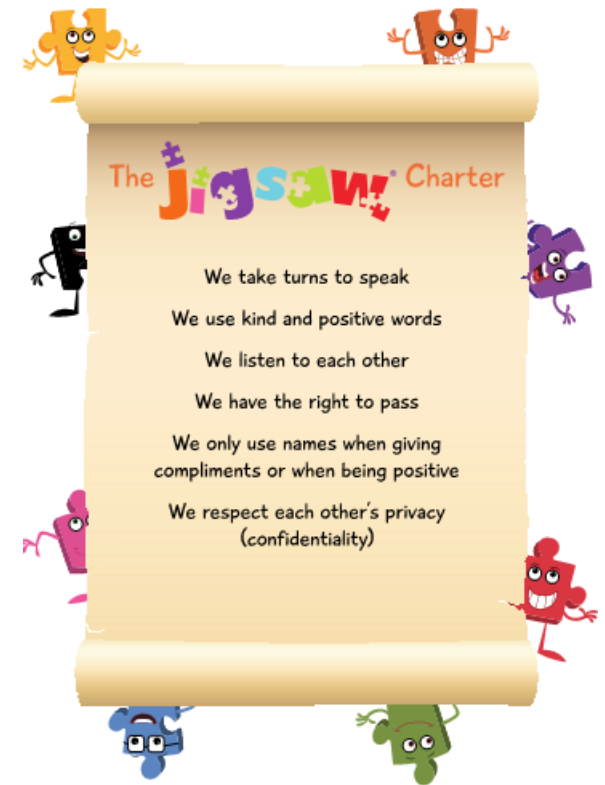
A group of people living or working together.

Appreciate

Recognise the true meaning of something or someone.

I Can **CalM** down  
When I have BIG emotions..

1. I can go for a walk.
2. I can push the wall.
3. I can count my breaths.
4. I can think happy thoughts.
5. I can trace my hand.
6. I can hug a toy.
7. I can ask for help.



The **Jigsaw** Charter

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)