YEAR 3 • PSHE • UNIT 2

Don’t Forget to Let Love In!

How can we notice and accept care from others?

What we need to know

- Encouragement helps us notice what we do well. We can accept a kind comment by saying thank you.
- People show love by listening, helping and respecting how we feel.
- Letting love in means noticing the care people offer and being willing to accept it.
- Gratitude means noticing something you appreciate and thinking about why it matters.
- Taking care of yourself can mean resting, making time for movement or asking for help.

Key words

encouragement words or actions that give someone confidence

respect treating someone and their feelings with care

gratitude noticing and feeling thankful for what you have

self-care things we do to look after ourselves

Can you remember?

1. How can you respond to encouragement?
2. What action shows someone you care?
3. What are you grateful for and why?
4. How could you take care of yourself after a tiring day?

Sources | HeartSmart · Year 3 curriculum overview