YEAR 2 • PSHE • UNIT 4

Don’t Hold On to What’s Wrong!

What can we do when someone is hurt or upset?

What we need to know

Say sorry and try to put things right

Say what you are sorry for. Ask what you can do to help. Forgiving someone can take time.

Letting go can take time

Hurt can feel heavy when we keep thinking about it. Talking to someone we trust can help us work through it.

Let the ouch out safely

Tell a trusted adult, draw how you feel or explain what happened using words.

Use the traffic lights

Red: stop. Amber: think about how you feel and what might help. Green: choose a safe next step.

Words and actions can leave a mark

Teasing and bullying can hurt. Tell a trusted adult if it happens to you or you see it happen.

Key words

apology Saying sorry for what you did.

forgive Choose to let go of anger about what happened.

emotion A feeling, such as sadness or anger.

teasing Making fun of someone.

trusted adult A grown-up who listens and helps.

Can you remember?

1. What makes an apology helpful?
2. How can you let the ouch out safely?
3. What does amber remind you to do?
4. Who could you tell if you see bullying?

Based on the HeartSmart Year 2 resource list and Year 2 curriculum overview.