YEAR 2 • PSHE • UNIT 5

Fake Is a Mistake!

How can we be ourselves and be honest about how we feel?

What we need to know

Each of us is unique

Like grains of sand, people can look similar. Each of us has our own mix of interests, strengths and experiences.

Check the thoughts you have about yourself

If you think ‘I can’t do anything right’, remember something you have learnt or ask someone you trust for help.

Name the feeling

You might feel nervous before meeting someone or excited to play. Naming a feeling can help you talk about it.

Be polite when you meet someone

Say hello, introduce yourself and give the other person time to speak.

Stay safe in the sun

You can play in the shade, wear a hat and use sunscreen to help protect your skin.

Key words

unique The only one exactly like you.

honest Truthful about what happened or how you feel.

emotion A feeling, such as joy or worry.

polite Showing good manners.

shade A place out of direct sunlight.

Can you remember?

1. What is something that makes you unique?
2. How could you check an unkind thought?
3. How could you greet someone politely?
4. Name two ways to stay safe in the sun.

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