YEAR 3 • PSHE • UNIT 5

Fake Is a Mistake!

How can being honest help us care for ourselves and others?

What we need to know

- Our interests, strengths and experiences make each of us unique. We can be honest about what matters to us.
- Shame can make us feel bad about who we are. After a mistake, we can name what happened and think about what we can put right.
- Your body belongs to you. You can say no to touch you do not want and tell a trusted adult if touch worries you.
- Honesty helps friends trust each other. If you make a mistake, explain what happened and take responsibility.
- An allergy happens when the body reacts to something, such as a food. Check with an adult before offering food to someone with an allergy.

Key words

unique having your own mix of qualities and experiences

shame a painful feeling about who you are or what you did

boundary a limit that helps you feel safe and respected

allergy a reaction the body has to something

Can you remember?

1. What makes you unique?
2. What can you do after making a mistake?
3. Who could you speak to if touch worries you?
4. Why is it important to check before sharing food?

Sources | HeartSmart · Year 3 curriculum overview