YEAR 2 • PSHE • UNIT 3

Too Much Selfie Isn’t Healthy!

How can we notice and care for other people?

What we need to know

Look around and notice others

You might spot someone who is left out or needs a hand. You can ask how they are.

Do a quiet act of kindness

You can help without asking for praise. Try picking up dropped pencils or making space for someone.

Notice everyday heroes

People in our community help in different ways. A crossing patrol helps people cross the road.

We all fit together

We can like some of the same things and have different interests too. Everyone can be included.

Be HeartSmart online

Use kind words and keep personal details private. Tell a trusted adult if something online worries you.

Key words

kindness Doing or saying something that shows care.

community People who live or spend time in the same place.

include Make sure someone can join in.

private Something you keep to yourself or share only with trusted people.

Can you remember?

1. How could you help someone left out?
2. Name one everyday hero and their job.
3. What does it mean to include someone?
4. Who can help if you feel worried online?

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