

Unit 1 Getting to know myself

- I can name and describe feelings, such as joy, sadness, confidence, fear and anger.
- I can explain and understand that I am loved and important.
- I can explain how to look after myself.

Unit 2 Fitting in with those around me

- I can explain why I am important.
- I can explain why other people are important, too.
- I can list and explain rules that help us get along with others at school and at home.

Unit 3 Together, life is beautiful !

- I can name and describe all the people who look after me at school.
- I can explain how I can be helpful at school and at home.

Back to school

Today is the first day of school.

Alice's dad and mum take her into her new classroom. It looks strange and Alice is nervous. She holds her mum's hand. She is sad to be leaving Reception and her old teacher.

"Hello there, Alice!" the teacher says. Alice stays silent, wishing she was back in her old classroom. Her mum reassures her: "You know, Alice, it's normal to be a bit nervous. You'll see, everything will be fine."

The new teacher smiles and the lump in Alice's throat becomes smaller.

"Who's my big girl?" Dad asks. "Isn't that Charlie over there?"

Alice looks up. Charlie runs across and says hello. Then he goes back to play with his friends.

Alice feels a bit better.



Outside, she sees another girl sitting by herself. She goes up to her and says, "Hello. My name is Alice. What's yours?"

"I'm Marianne. I'm just starting school. Shall we play hopscotch?"

Alice and Marianne have fun. When the bell goes, they line up together. They quickly make friends and sit next to each other in the classroom.



Alice comforts Marianne

Alice and Marianne have become friends. Every morning, they look for each other in the playground. They put down their school bags and run off to play before the bell goes.

One morning, Alice sees her friend, but she can see that something is wrong.

Marianne is not smiling. She looks as if she might cry. This makes Alice sad too.

"What's the matter, Marianne?" she asks.

"Mum has forgotten my snack," she replies, wiping her eyes.

"Don't cry. You can share some of mine. Look, I've a big bunch of grapes. There's enough for both of us!"

Marianne smiles and gets up to play. Alice feels good helping her new friend.

A few days later, it's Alice who is unhappy.



Marianne runs up to her, and stops.

"Why are you sad, Alice?" she asks.

"I've lost my ball. It's my favourite, too. I've looked everywhere in the playground, and I can't find it."

"It must be somewhere. Come on, let's have another look!" Marianne suggests.

They do not find the ball, but Alice is no longer sad. Being with her friend has cheered her up.

