

Inside Out/ PSHRE Child Tracking KS1



Key	Area	Name																																
Look Inside	<p>Mental Wellbeing</p> <ul style="list-style-type: none"> I can recall basic emotions and begin to relate them to my own experiences. I can use the weather as a way to talk about my own or others' emotions. I can name a simple self-care technique to help me calm. I can recall what mental health is and what to say or do if I need help. I can name a self-care strategies I can use to help with basic emotions. 																																	

Red working below. Green working at. Blue working above.

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	<p>online is always true.</p> <ul style="list-style-type: none"> I can recognise that some people behave differently online and say some simple ways to keep online communication safe. 																														
Wilder World	<p>Wilder World</p> <ul style="list-style-type: none"> I can say what money is, where it comes from, and how it can be looked after saved or spent. I can describe how wanting something is different from needing something. 																														

Red working below. Green working at. Blue working above.