



Jigsaw PSHE Term 4 – Healthy Me



What I should already know?

- I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.
- I can express how being anxious/ scared and unwell feels.

What am I going to learn? (Sticky knowledge)

- I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.
- I can identify feelings of anxiety and fear associated with peer pressure.

Vocabulary

	friendships
	emotions
	relationships
	friendship groups
	assertive
	leader

	follower
	pressure
	peers
	disease
	anxiety
	fear