





Year 5/6	PSHE Knowledge organiser	 S P I R I T	Advent Term														
Life to the full	Prayers and songs	Key Vocabulary And Knowledge	In the Wider World														
M1 U1 Calming the Storm 	<p>♪♪ My Dedication ♪♪</p> <p>The Daily Examen.</p>	<table border="1"> <tr> <td data-bbox="808 328 1025 451">Faith</td> <td data-bbox="1025 328 1765 451">Complete trust or confidence in something or someone.</td> </tr> <tr> <td data-bbox="808 451 1025 536">Grateful</td> <td data-bbox="1025 451 1765 536">feeling or showing an appreciation of kindness</td> </tr> <tr> <td data-bbox="808 536 1025 579">Appreciative</td> <td data-bbox="1025 536 1765 579">feeling or showing gratitude</td> </tr> <tr> <td data-bbox="808 579 1025 622">Personhood</td> <td data-bbox="1025 579 1765 622">Being an individual person</td> </tr> </table> <ul style="list-style-type: none"> We were created individually by God who cares for us. Change is part of God's plan We can always ask for help Having faith is powerful 	Faith	Complete trust or confidence in something or someone.	Grateful	feeling or showing an appreciation of kindness	Appreciative	feeling or showing gratitude	Personhood	Being an individual person	<p>World Mental Health Day</p> <p><i>Do one thing for better mental health.</i></p> 						
Faith	Complete trust or confidence in something or someone.																
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M1 U3 Body Image Peculiar Feelings Emotional changes Seeing stuff online	<p>♪♪ My dedication ♪♪</p> <p>O eternal Trinity, my sweet love! You, light, give us light. You, wisdom, give us wisdom. You, supreme strength, strengthen us. Today, eternal God, let our clouds of worry and pressure be dissolved</p>	<table border="1"> <tr> <td data-bbox="808 876 1055 999">Body-Image</td> <td data-bbox="1055 876 1753 999">how we think and feel about ourselves physically, and how we believe others see us</td> </tr> <tr> <td data-bbox="808 999 1055 1042">Social media</td> <td data-bbox="1055 999 1753 1042">Online communication with others</td> </tr> <tr> <td data-bbox="808 1042 1055 1085">Insecure</td> <td data-bbox="1055 1042 1753 1085">Not feeling confident</td> </tr> <tr> <td data-bbox="808 1085 1055 1169">Resilience</td> <td data-bbox="1055 1085 1753 1169">Our ability to adjust and bounce back when things are hard!</td> </tr> <tr> <td data-bbox="808 1169 1055 1212">Media</td> <td data-bbox="1055 1169 1753 1212">TV, the internet, newspapers, magazines,</td> </tr> <tr> <td data-bbox="808 1212 1055 1335">Responsibility</td> <td data-bbox="1055 1212 1753 1335">Making decisions, being trusted and taking credit for your actions - both good and bad.</td> </tr> <tr> <td data-bbox="808 1335 1055 1420">Mood-swings</td> <td data-bbox="1055 1335 1753 1420">When you feel one thing e.g. happy but quickly feel another e.g. sad</td> </tr> </table> <ul style="list-style-type: none"> Our body image is what we think of ourselves 	Body-Image	how we think and feel about ourselves physically, and how we believe others see us	Social media	Online communication with others	Insecure	Not feeling confident	Resilience	Our ability to adjust and bounce back when things are hard!	Media	TV, the internet, newspapers, magazines,	Responsibility	Making decisions, being trusted and taking credit for your actions - both good and bad.	Mood-swings	When you feel one thing e.g. happy but quickly feel another e.g. sad	<p>Coming back to school</p> <p>Joining a new year. Returning to school. My lockdown story. My back to school story.</p> 
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so that we may perfectly
know and follow your
Truth in truth,
with a free and simple
heart.
God, come to our
assistance!
Lord, make haste to help
us!

- Feelings are not guides for our actions
- Some behaviours are always wrong
- Positive behaviours help our wellbeing.
- The media does not always show real life, it can be fake and can affect how you feel
- Mood swings are common