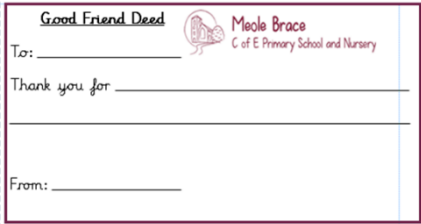


Year 2 Autumn 1: PSHE Knowledge Mat

What makes a good friend?

Key Vocabulary		Images	Core Knowledge
feeling	A feeling is something we feel from within. Some feelings we experience are happy, sad, frustrated, and jealous.	    	➤ I know what a friend is. ➤ I know that everyone has to make an effort to make new friends. ➤ I know that loneliness is a feeling. ➤ I know that everyone feels lonely at some point. ➤ I know that there are things I can do if I am feeling lonely. ➤ I know the qualities I find important in a good friend. ➤ I know what I can do to help me solve a conflict.
lonely	A feeling you get when you feel alone, and you don't want to be.		
conflict	An active disagreement or argument between people or groups of people.		
choice	Choosing between two or more options. Often you can choose between a good choice and a bad choice.		
self-esteem	How we value and see ourselves.		
advice	A suggestion you make to somebody else.		
effort	Effort is about how hard you are trying. If something is easy it takes a little effort. If something is hard it takes a lot of effort.		

Year 2 Autumn 2: PSHE Knowledge Mat

What is bullying?

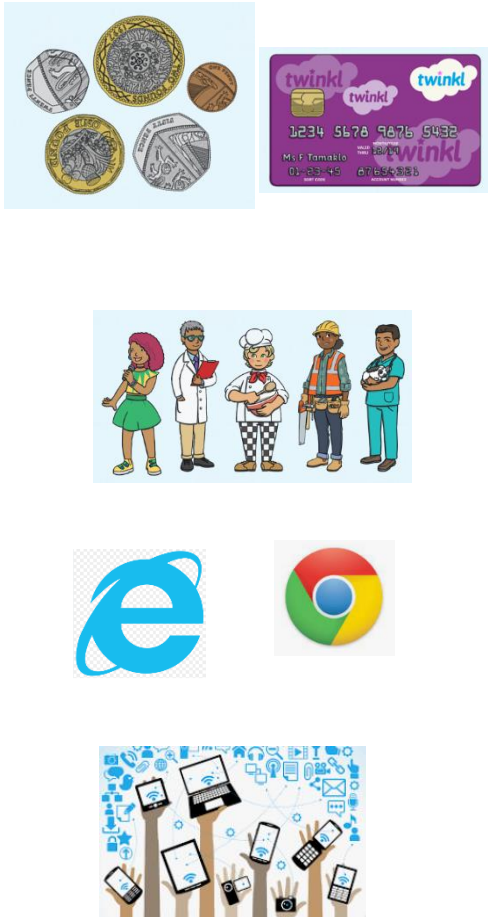
Key Vocabulary		Images	Core Knowledge
kindness	Choosing to do something because you want to help others.	 	• I know what it might feel like to be in a range of situations. • I know I am allowed to say no if something makes me feel uncomfortable. • I know how to keep my private parts private. • I know trusted adults I can report any problems to. • I know the difference between rude, mean and a bully. • I know ways to deal with bullying.
empathy	When you are able to understand how someone else might feel in a situation.		
rude	To say or do things to hurt people but without thinking it through.		
mean	Saying or doing something to upset someone's feelings. They have thought about what they will say and they know it will hurt.		
bully	When someone does something hurtful on purpose and they keep doing it over and over again.		
private parts	The parts of your body which are covered by a swimsuit.		
report	To tell a trusted adult about something which has happened which someone doesn't like.		

 
 Choose kindness!

Choose kindness!

Year 2 Spring 1: Knowledge Mat

Living In the Wider World

Key Vocabulary		Images	Core Knowledge
Internet	An information system of shared web pages on the Internet.		➤ I know about how the internet and digital devices can be used safely to find things out and to communicate with others ➤ I know about the role of the internet in everyday life ➤ I know that jobs help people to earn money to pay for things ➤ I know different jobs that people they know or people who work in the community do ➤ I know about some of the strengths and interests someone might need to do different jobs.
Job	An activity that helps a person earn money.		
Money	Something we give in return when we buy things, such as food, clothes, and toys.		
Communicate	The sending and receiving of a message. Either in person or through a digital device.		
Digital technology	Any piece of equipment that contains a computer or microcontroller, such as a smartphone, smartwatch, or laptop.		

Year 2, Spring 2: Knowledge Mat P.S.H.E

Health and Wellbeing-What helps us to stay safe?

Key Vocabulary		Images	Core Knowledge
hazard	Something which could cause harm or injury.	    	➤ I know how to keep safe around roads ➤ I know how to keep myself safe online ➤ I know not to give away personal information ➤ I know that medicines should only be given to me from a trusted adult ➤ I know that labels can show me when things are dangerous or poisonous ➤ I know what to do if someone makes me feel uncomfortable
medicine	Something given to you, to make you feel better.		
Personal information	Your full name, address, school and age are all personal information.		
trusted adult	Any grown up who makes you feel safe. This could be a parent, carer, relative, teacher or doctor.		
uncomfortable	Feeling worried or embarrassed.		
Internet safety	Being aware of how you can stay safe online.		
Road/home safety	Being aware how you can stay safe around roads or in the home.		

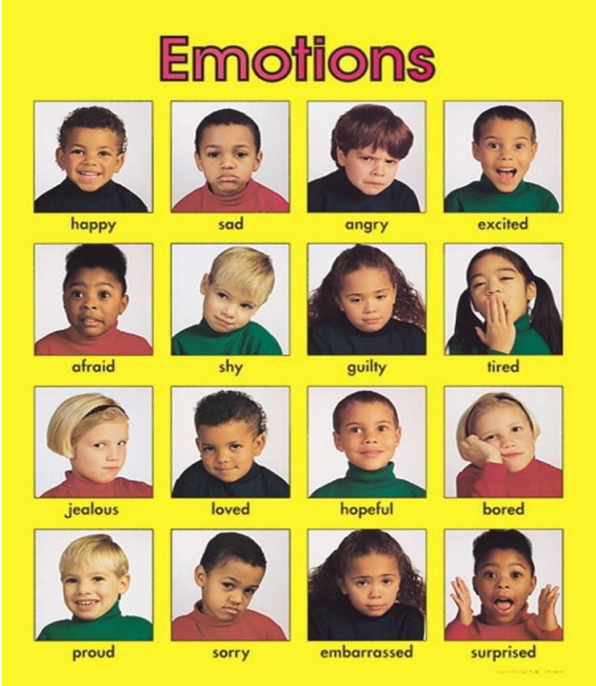
Year 2 Summer 1: Knowledge Mat

What helps us grow and stay healthy?

Key Vocabulary		Images	Core Knowledge
healthy	To make good choices to keep me well.		➤ To know that different things help our bodies to be healthy, including food and drink, physical activity, sleep and rest. ➤ To know that eating and drinking too much sugar can affect our health, including dental health. ➤ To know how to be physically active and how much rest and sleep they we should have every day. ➤ To know that there are different ways to learn and play; how to know when to take a break from screen-time. ➤ To know how sunshine helps bodies to grow and how to keep safe and well in the sun.
active	To be moving and working.		
rest	To relax or sleep. Giving your body time to relax.		
balanced diet	To eat foods from all food groups in recommended amounts.		
screen-time	Activities done in front of a screen. This could be a TV, computer or phone.		
5-a day	How many different fruits or vegetables you should eat each day.		
sun safety	When in the sun suncream is needed and a sun hat.		

Year 2 Summer 2: Knowledge Mat

How do we recognise our feelings?

Key Vocabulary		Images	Core Knowledge
feeling	A feeling is something that happens inside us and tells us how we are doing.		➤ I know how to recognise feelings. ➤ I know different feelings. ➤ I know and recognise how mood; times of change; loss and bereavement; growing up can affect feelings.
thought	To have in your mind.		
action	An action is something you do with your body or words.		
behaviour	The way you act, especially towards others.		
mood	A mood is a feeling that stays with you for a while and can affect how you think, act, and enjoy your day.		
bereavement	Bereavement is the sadness and feelings people have when someone they love has died.		