

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

Talking Together: suggested questions to support 'Being Me in My World' learning at home			
Ages 5-6	Belonging and feeling safe <ul style="list-style-type: none"> When do you feel most safe and happy in your classroom? What makes your class a good place to learn? What helps you feel calm if something feels tricky? 	Being part of a class <ul style="list-style-type: none"> What does it mean to belong to your class? How can you help someone feel welcome in your class? What do you do that helps your class be a good place to be? 	Rights and responsibilities <ul style="list-style-type: none"> What are your rights in your classroom? What responsibilities do you have at school and at home? Why is it important that everyone follows the Learning Charter?
	Choices and consequences <ul style="list-style-type: none"> Can you tell me about a choice you made at school today? What might happen if someone makes a kind or unkind choice? How do your choices affect other people? 	Feelings and rewards <ul style="list-style-type: none"> What does it mean to be proud? Can you think of something you're proud of? How does it feel when you get a reward or praise? 	Feeling valued <ul style="list-style-type: none"> Have you shared an idea in class? How do you know your views are valued? Why is it important that everyone gets a chance to share their ideas?
Resources and additional support for Families			
<ul style="list-style-type: none"> BBC Tiny Happy People - short videos, ideas and resources to support families BookTrust - high-quality book recommendations for children by age (including ages 5-6) including topics on feelings, friendships, belonging and behaviour Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Being Me in My World theme. 			
School-based and local resources (editable box for teachers):			

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Talking Together: suggested questions to support 'Celebrating Difference' learning at home			
Ages 5-6	Similarities and differences	Being inclusive and kind	Friendship and making new friends
	<ul style="list-style-type: none"> • How are you the same as your friends? • How are you different from your friends? • Why do our differences make us special? 	<ul style="list-style-type: none"> • What does it mean to include others? • How can you use kind words to make someone feel happy? • How can you help someone feel welcome? 	<ul style="list-style-type: none"> • How do you make a new friend? • What does a good friend do? • How does it feel when you make a new friend?
	Understanding bullying	Courage and standing up for others	Celebrating each other
	<ul style="list-style-type: none"> • What is bullying? • How might someone feel if they are being bullied? • What should you do if you see or experience bullying? 	<ul style="list-style-type: none"> • What does it mean to be brave or show courage? • How can you help someone if they are being treated unkindly? • Who can you talk to if something worries you? 	<ul style="list-style-type: none"> • What makes you special? • Can you think of something kind about someone else? • How can we celebrate what makes everyone unique?
Resources and additional support for Families			
<ul style="list-style-type: none"> • Anti-Bullying Alliance – guidance for families on understanding bullying and how to support children • BookTrust – high-quality book recommendations for themes of diversity, bullying, friendship and belonging • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Celebrating Difference theme. 			
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Talking Together: suggested questions to support 'Dreams and Goals' learning at home			
Ages 5-6	Setting goals and making plans	Strengths and how we learn	Stretchy learning and challenges
	<ul style="list-style-type: none"> Is there something you really want to achieve/something you would like to work towards? What steps do you think you'd need to take to get there? How will you know when you've reached your goal? 	<ul style="list-style-type: none"> What is something you are really good at? How do you learn best e.g. do you like to watch, have a go, or have someone show you? Is there something new you would like to try and get better at? 	<ul style="list-style-type: none"> Have you tried something recently that felt really difficult? What does it feel like in your body when you are trying really hard at something? What helps you keep going when something feels too difficult?
	Obstacles and overcoming them	Feelings and success	Working together
	<ul style="list-style-type: none"> Can you think of something that got in the way of you reaching a goal? How did you feel when you hit that obstacle and what did you do? What could you do differently next time if something gets in the way? 	<ul style="list-style-type: none"> How do you feel when you try something new? Have you ever feel excited and nervous at the same time? What do you do when you feel frustrated – how do you make yourself feel better? 	<ul style="list-style-type: none"> Have you worked towards something with a friend or partner recently? How did it go? How can you help a friend when they are finding something difficult? How do you like to celebrate when you or someone you care about achieves something special?
Resources and additional support for Families			
<ul style="list-style-type: none"> BBC Bitesize – short videos and activities exploring how a 'can do' attitude can help children learn and grow BookTrust – high-quality book recommendations for themes of trying and perseverance Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Dreams and Goals theme. 			
School-based and local resources (editable box for teachers):			

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Talking Together: suggested questions to support Healthy Me learning at home			
Ages 5-6	Healthy choices and looking after my body	Exercise, rest and wellbeing	Keeping clean and understanding germs
	<ul style="list-style-type: none"> • What things can you do to help keep your body healthy? • How do you feel when you make healthy choices? • Why is your body special and amazing? 	<ul style="list-style-type: none"> • How does your body feel when you have been active? • Why is it important to rest and sleep? • What activities help you feel happy and well? 	<ul style="list-style-type: none"> • When should we wash our hands? • What are germs and how can we stop them spreading? • Why is it important to keep ourselves clean?
	Medicines and being safe at home	Road safety	Feelings, safety and getting help
	<ul style="list-style-type: none"> • What should you do if you find medicine at home? • Who can give you medicine safely? • How can medicines help when you feel poorly? 	<ul style="list-style-type: none"> • What should you remember when crossing the road? • What do traffic lights and crossings help us do? • How can you make safe choices near roads? 	<ul style="list-style-type: none"> • How can you tell when you feel worried or frightened? • Who are the trusted adults you can ask for help? • What can you do if you feel unsafe or unwell?
Resources and additional support for Families			
<ul style="list-style-type: none"> • NHS Start for Life – guidance and advice on sleep, hygiene, routines and more • Better Health – Healthier Families (NHS) – lots of family resources, activities, food recipes and more • THINK! Road Safety – advice, support and games • BBC Bitesize: Things that might be dangerous • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Healthy Me theme. 			
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Talking Together: suggested questions to support Relationships learning at home			
Ages 5-6	Families and belonging	Friendship and being a good friend	Greeting others and personal boundaries
	<ul style="list-style-type: none"> Who are the important people in your family? How do families help us feel safe and cared for? What makes you feel like you belong? 	<ul style="list-style-type: none"> What does being a good friend mean to you? How can you help someone feel included? What can you do if someone is lonely? 	<ul style="list-style-type: none"> Can you tell me some ways we can greet people politely? What types of touch feel comfortable to you? e.g. holding hands, high five, linking arms, hugs Why is it important to respect other people's boundaries?
	Getting help at school	Recognising qualities and building confidence	Appreciating others and expressing feelings
	<ul style="list-style-type: none"> Who are the adults at school who help you? When might you need to ask for help? Why is it important to tell someone you trust if you feel worried about something? 	<ul style="list-style-type: none"> What are you good at? How can you praise yourself for trying your best? How do you feel when someone praises you? 	<ul style="list-style-type: none"> Who is special to you and why? How can you show someone you appreciate them? How do you feel when someone is kind to you?
Resources and additional support for families			
<ul style="list-style-type: none"> BBC Bitesize – resources about relationships including friendships, feelings and belonging Kidscape Parent Advice – guidance, tips and advice to help children build healthy friendships and manage challenges within friendships Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Relationships theme. 			

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Talking Together: suggested questions to support Changing Me learning at home			
Ages 5-6	<p>Life cycles and growing</p> <ul style="list-style-type: none"> • How do animals and people change as they grow? • What can you do now that you couldn't do when you were a baby? • Why does everyone grow at their own pace? 	<p>Changes from a baby to now</p> <ul style="list-style-type: none"> • What has changed about you since you were a baby? • What new skills have you learned recently? • How does learning new things help you grow? 	<p>Understanding body changes</p> <ul style="list-style-type: none"> • How does your body change as you grow? • Why do bodies need care and respect? • What helps your body stay healthy? • Why is it good for our bodies to grow and change?
	<p>Private body parts and respect</p> <ul style="list-style-type: none"> • Which parts of the body are private? • Why is it important to respect our own and other people's' bodies? • If someone makes you feel unsafe, what could you do? 	<p>Feelings about change</p> <ul style="list-style-type: none"> • How can change make us feel excited or worried? • What changes are happening for you now? • Why is it okay to have different feelings to others about change? 	<p>Coping with change and growing confidence</p> <ul style="list-style-type: none"> • What can help you feel calm when things change? • Who can you talk to if you feel worried? • How can learning new things build confidence?
Resources and additional support for Families			
<ul style="list-style-type: none"> • NSPCC 'PANTS' – guidance on body safety, privacy and growing up conversations • BBC Bitesize KS1 – resources to learn more about life cycles, growth and change • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Changing Me theme. 			
School-based and local resources (editable box for teachers):			