

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.

Ages 6-7	Talking Together: suggested questions to support 'Being Me in My World' learning at home		
	Hopes, fears and worries	Belonging	Rights and responsibilities
	<ul style="list-style-type: none"> • What are you looking forward to this year? • Is there anything that has made you feel worried at school? • Who can you talk to if you feel worried or need help? 	<ul style="list-style-type: none"> • What makes you feel like you belong in your class? • How can you help someone else feel included? • What makes your class a good place to be? 	<ul style="list-style-type: none"> • What rights do you have in your classroom? • What responsibilities do you have as a member of your class? • How do your responsibilities help everyone learn?
	Choices and consequences	Fairness	Working together – Learning Charter
	<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 positive or negative choice? • How do your choices affect other people? 	<ul style="list-style-type: none"> • What does being fair mean in your classroom? • Can you tell me about a time when something felt fair or unfair? • How can we make sure everyone is treated fairly? 	<ul style="list-style-type: none"> • What is your Learning Charter and why is it important? • How does following the Learning Charter help everyone learn? • How do you work together with others in your class?
Resources and additional support for Families			
<ul style="list-style-type: none"> • BBC Bitesize (KS1 PSHE and Wellbeing) – short videos and resources to support children's understanding of feelings, choices, rights and responsibilities • BookTrust – high-quality book recommendations by age and topic, including feelings, worries, friendships and belonging • 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 6-7	Similarities, differences and belonging	Stereotypes and assumptions	Kindness, respect and friendship
	<ul style="list-style-type: none"> • How are you similar to your friends? • How are you different from your friends? • What helps you feel like you belong? 	<ul style="list-style-type: none"> • What do you think a stereotype is? • Why is it important not to make assumptions about people? • Can boys and girls like or do the same things? Why? 	<ul style="list-style-type: none"> • What does it mean to treat someone with respect? • How can you be a kind friend? • How does it feel to be a good friend or have a good friend?
	Bullying and feelings	Standing up and getting help	Diversity, families and inclusion
	<ul style="list-style-type: none"> • What is bullying and how is it different from being unkind? • How might someone feel if they are being bullied? • Why do you think bullying sometimes happens? 	<ul style="list-style-type: none"> • What can you do if someone is being bullied? • How can you stand up for yourself or someone else? • Who can you go to if you need help? 	<ul style="list-style-type: none"> • How can families be different from each other? • Why is it important to include everyone? • Why should we not judge people for being different?
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 children about friendship, diversity, inclusion and kindness • 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 6-7	Setting realistic goals	Strengths and achievements	Healthy choices and motivation
	<ul style="list-style-type: none"> Is there something you really want to achieve? How do you plan to reach your goal and what would you need to do first? How will you know when you have achieved it? 	<ul style="list-style-type: none"> What is something you have achieved recently that made you feel proud? What are you good at (your strengths)? How does it feel when you look back at something you have worked hard to achieve? 	<ul style="list-style-type: none"> What healthy choices do you make to help you feel your best? What helps you feel motivated to keep going when something is tough? Is there a healthy habit you would like to start or get better at?
	Feelings, stress and relaxation	Teamwork and learning together	Sharing and celebrating success
	<ul style="list-style-type: none"> What kinds of things make you feel calm and relaxed? What kinds of things make you feel stressed or tense? When you notice a big feeling, what do you do to help yourself feel better? 	<ul style="list-style-type: none"> Can you think of a time you worked really well with someone – what made it work? Is there anyone you find it tricky to work with? What makes it difficult? How does working with other people help you learn? 	<ul style="list-style-type: none"> How do you like to celebrate when you or someone else achieves something? How does it feel to be part of a team that has done something really well? How could you show kindness and courtesy when celebrating someone else's success?
Resources and additional support for Families			
<ul style="list-style-type: none"> NHS - Healthy Lifestyles for Children – simple, practical advice on sleep, physical activity, nutrition and wellbeing for children. BookTrust – high-quality book recommendations for children about friendship, diversity, inclusion and kindness Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Dreams and Goals theme. 			
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Talking Together: suggested questions to support Healthy Me learning at home			
Ages 6-7	Balanced diet and healthier food choices	Caring for our bodies	Safety at home – hazards and risks
	<ul style="list-style-type: none"> • What foods help your body stay healthy and strong? • Why is it important to eat a balanced diet? • How does food give your body energy? 	<ul style="list-style-type: none"> • How can healthy choices help your body work well? • What does looking after your body mean? • Why does your body need energy? 	<ul style="list-style-type: none"> • Can you think of things at home that could be dangerous? • How can we reduce risks at home? • Why is it important to tell an adult if you feel unsafe?
	Staying safe outside	Medicine safety and health	Feelings, safety and responsible choices
	<ul style="list-style-type: none"> • What safety rules help keep you safe near roads? • Why do we need to be careful around water or railways? • What should you do if you feel unsafe outside? 	<ul style="list-style-type: none"> • What are medicines used for? • Who can give you medicine safely? • Why should medicines never be taken without an adult? 	<ul style="list-style-type: none"> • How does your body feel when something seems unsafe? • What can you do if you feel worried or scared? • Who can you tell if something doesn't feel right?
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 • RNLI (Royal National Lifeboat Institution) – activities and interaction games to support learning about water safety • ROSPA Road Safety guides to share with children, including for those with additional needs • 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 6-7	Families and caring relationships	Safe and unsafe physical contact	Friendship, conflict and problem solving
	<ul style="list-style-type: none"> Who are the important people in your family? How do families work together to help each other? Why is it important to share and cooperate at home? 	<ul style="list-style-type: none"> What types of touch feel comfortable to you? Why is it important to respect other people's boundaries? Who can you talk to if something makes you feel uncomfortable? 	<ul style="list-style-type: none"> What kinds of things can cause disagreements between friends? How can you solve a problem calmly? What could you say if you have fallen out with a friend?
	Secrets	Trust and honesty	Trusted adults and getting help
	<ul style="list-style-type: none"> What is the difference between a good secret and a worrying secret? How might you feel if someone asks you to keep a secret that worries you? Why is it important to always tell a trusted adult about worrying secrets? 	<ul style="list-style-type: none"> What does it mean to trust someone? Why is honesty important in relationships? Who are the people you trust the most and why? 	<ul style="list-style-type: none"> When might you need to ask for help? How can you ask for support if you feel worried or frightened about something? Why is it important to speak to someone you trust?
Resources and additional support for families			
<ul style="list-style-type: none"> NSPCC – advice for families on boundaries, secrets, safety and relationships 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 6-7	Life cycles in nature <ul style="list-style-type: none"> How do living things change as they grow? What changes happen around us that we can't control? How might someone feel about changes they can't control? 	Growing from young to old <ul style="list-style-type: none"> How do people change as they get older? In our family, who are the older people you respect and why? What positive things happen as people get older? 	Your changing body and independence <ul style="list-style-type: none"> What has changed about you since you were a baby? What can you do more independently now than before? How does your body help you to learn and do new things?
	Boys' and girls' bodies <ul style="list-style-type: none"> Which parts of your body are private? What are the correct names for private body parts? If any part of your body felt sore or uncomfortable, who could you tell? 	Touch and boundaries <ul style="list-style-type: none"> What types of touch feel comfortable? What types don't? Why is it important to respect what other people like and don't like? If someone's touch made you uncomfortable, what should you do? 	Looking ahead to change <ul style="list-style-type: none"> What are you looking forward to in your next class? When someone feels worried about changes, what might help? In our family, who can you talk to about worries?
Resources and additional support for Families			
<ul style="list-style-type: none"> NSPCC – advice for families on boundaries, secrets, safety and Changing Me 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 Changing Me theme. 			
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