

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 7-8	Self-worth and achievements	Goals and challenges	Feelings, worries and support
	<ul style="list-style-type: none"> • What are you proud of about yourself? • What is something you've achieved recently? • What helps you recognise your own strengths? 	<ul style="list-style-type: none"> • What goal would you like to work towards this year? • What steps could you take to achieve it? • What can you do if something feels difficult or challenging? 	<ul style="list-style-type: none"> • Can you tell me about a time you felt worried or unsure? • What helps you feel calm and supported? • Who can you go to if you need help?
	Belonging and inclusion	Rights, responsibilities and fairness	Working together – Learning Charter
	<ul style="list-style-type: none"> • How can you help someone feel welcome? • What does it mean to include others? • How can you show someone they are valued? 	<ul style="list-style-type: none"> • Why are rules important in school? • What responsibilities do you have in your class and at home? • How can we make sure everyone is treated fairly? 	<ul style="list-style-type: none"> • How do your choices affect other people? • How can you work well with others in a group? • What does following the Learning Charter look like in your class?
Resources and additional support for Families			
<ul style="list-style-type: none"> • BBC Bitesize (KS2 PSHE and Wellbeing) – short videos and activities to support learning about emotions, behaviour, choices and relationships • Time Travel Bill Adventures - Parliament UK Education • BookTrust – high-quality book recommendations by age and topic, including feelings, friendships, confidence 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 7-8	<p>Families and relationships</p> <ul style="list-style-type: none"> • What makes your family special to you? • How can families be different from each other? • Why is it important to respect all types of families? 	<p>Conflict and problem solving</p> <ul style="list-style-type: none"> • What can you do if you disagree with someone at home or school? • How can you calm yourself down when you feel upset or angry? • What does “solve it together” mean? 	<p>Bullying and being a witness</p> <ul style="list-style-type: none"> • What does it mean to be a witness (bystander) to bullying? • How can a witness make a situation better? • What could you do if you saw someone being bullied?
	<p>Kind words and hurtful language</p> <ul style="list-style-type: none"> • What are kind words you can use with others? • Why can some words be hurtful, even if people say them as a joke? • How do words affect how people feel? 	<p>Inclusion and supporting others</p> <ul style="list-style-type: none"> • How can you help someone who feels left out or lonely? • What does it mean to include others? • How can our actions make someone feel valued? 	<p>Compliments and positive relationships</p> <ul style="list-style-type: none"> • What is a compliment? • How does it feel to give or receive a compliment? • How can compliments help build friendships?
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, bullying, kindness and inclusion • 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 7-8	Dreams and ambitions	Goals and taking steps	Motivation and a positive attitude
	<ul style="list-style-type: none"> Is there something you dream of doing? Can you think of someone who worked hard to achieve their dream? What do you admire about them? How do you think it will feel when you achieve something you've been working really hard towards? 	<ul style="list-style-type: none"> What is a goal you are working towards right now? How could you break your goal into smaller steps? Who could help you along the way and how? 	<ul style="list-style-type: none"> What keeps you motivated when something feels difficult? How does having a positive attitude help you when things get tough? Is there something you are feeling really enthusiastic about at the moment?
	Obstacles and frustration	Respecting differences and including others	Reflecting and sharing success
	<ul style="list-style-type: none"> Can you think of a time something got in the way of what you were trying to achieve? How did you overcome the obstacles that happened? What could you do next time you feel really frustrated to help yourself keep going? 	<ul style="list-style-type: none"> Do you know anyone who has overcome a big challenge to achieve something? Why is it important to respect and include people who are different from us? How can you help someone else reach their goals? 	<ul style="list-style-type: none"> When you finish something, do you think about what went well and what you'd do differently? How do you like to share your successes with others? What is something you are really proud of recently and who did you want to tell?
Resources and additional support for Families			
<ul style="list-style-type: none"> BBC Bitesize – inspiring stories of real people who faced obstacles and achieved their goals – great for discussing role models Childline – age-appropriate information to help children understand and manage big feelings like frustration and self-doubt 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 7-8	My body – heart, lungs and fitness <ul style="list-style-type: none"> • What happens to your body when you exercise? • Why are your heart and lungs important? • What helps you keep your body strong and fit? 	Healthier food choices <ul style="list-style-type: none"> • What foods help you be healthy and strong? • How do you feel when you make a healthy choice? • Why is a balanced diet important? 	Medicines, drugs and making safe choices <ul style="list-style-type: none"> • What are medicines are used for? • Who can help you use medicine safely? • Why is it important to make safe choices about what we put into our bodies? 	
	Safety, risk and responsibility <ul style="list-style-type: none"> • What does it mean to keep yourself safe? • Can you think of places or situations where you might need to be extra careful? • What does taking responsibility for your safety mean? 	Emergencies <ul style="list-style-type: none"> • Who can help you in an emergency? • Do you know how to get help if you are worried or feel unsafe? • How do emergency services help people? 	Feelings, worries and safe choices <ul style="list-style-type: none"> • How does your body feel when you are anxious or scared? • Who can you talk to if something feels unsafe? • How can making healthy choices help you feel good about yourself? 	
	Resources and additional support for Families			
	<ul style="list-style-type: none"> • Better Health – Healthier Families (NHS) –family resources, activities, food recipes and more: advice from GOSH on physical activity • Stay Wise – support learning about emergency services with interactive games, activities, videos and stories • Canal and River Trust Family Resources and Swim Safe – a community focussed programme for children about safety in and around open water • British Red Cross – support and advice including home learning first aid resources • 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 7-8	Family roles, responsibilities and fairness <ul style="list-style-type: none"> • What responsibilities do people have in our family? • How does helping at home make you feel? • Why is it important that jobs in families are shared fairly? 	Friendship skills and solving conflicts <ul style="list-style-type: none"> • What makes someone a good friend? • How can you solve disagreements fairly? • How can listening help resolve conflicts? 	Staying safe online (incl. apps and tv) <ul style="list-style-type: none"> • What personal information should you keep private online? • What should you do if something online makes you feel worried? • Why are age restrictions important?
	Media, influence and thinking critically <ul style="list-style-type: none"> • Do you think everything we see online is true? Why or why not? • What are stereotypes and why can they be unfair? • How can we check if information is reliable? 	Global connections, rights and empathy <ul style="list-style-type: none"> • How are children around the world similar to you? • How might their lives be different? • What rights do all children share? • Why is it important to understand other cultures? 	Belonging, wellbeing and appreciation <ul style="list-style-type: none"> • How does it feel to belong to a group or family? • How can you show appreciation to others? • Who can you talk to if you feel worried?
Resources and additional support for families			
<ul style="list-style-type: none"> • NSPCC – advice for families on boundaries, secrets, safety and relationships • UK Safer Internet – practical guidance for families on keeping children safe online • 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 7-8	How babies grow and families	Understanding body changes during puberty	Keeping clean and healthy
	<ul style="list-style-type: none"> • What different jobs do people in families do to care for babies? • In our family, who does what to help look after everyone? • What makes a family loving and caring, no matter who is in it? 	<ul style="list-style-type: none"> • What are some changes that happen to bodies as people grow up? • How might someone feel about their body changing during puberty? • If you had questions about your body changing, who would you talk to? 	<ul style="list-style-type: none"> • Why does keeping clean become more important as we grow up? • What are some ways you can look after your body as it grows and changes? • In our family, who can you ask if you have questions about hygiene or growing up?
	Challenging stereotypes about families	Feelings about growing up	Looking ahead and managing worries
	<ul style="list-style-type: none"> • Can anyone in a family do any job at home? Why or why not? • In our family, how do we share jobs and responsibilities? • What stereotypes have you heard about what boys or girls "should" do? 	<ul style="list-style-type: none"> • What excites you about growing up? What worries you? • Is it natural to have mixed feelings about changes? Why? • Who are the trusted adults in your life you can talk to about growing up? 	<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 them? • Why is it important to share worries rather than keep them to yourself?
Resources and additional support for Families			
<ul style="list-style-type: none"> • NSPCC – advice for families on boundaries, secrets, safety and Changing Me • Cambridgeshire NHS advice around personal hygiene for children • 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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