

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 8-9	Belonging, inclusion and teamwork <ul style="list-style-type: none"> • What does it mean to be part of a team? • How can you help others feel included and valued? • How does it feel when someone is left out? 	Roles, responsibilities and contribution <ul style="list-style-type: none"> • What roles do people have in your school community? • What role do you play in your class? • How do your actions contribute to your class or school? 	Feelings, empathy and relationships <ul style="list-style-type: none"> • How can you tell how someone else is feeling? • Can you think of a time you showed empathy to someone? • Why is it important to care about other people's feelings?
	Democracy, voice and decision-making <ul style="list-style-type: none"> • What does democracy mean? • How can you share your ideas or opinions? • Why is it important that everyone has a voice? 	Rights, responsibilities and respect <ul style="list-style-type: none"> • What rights do you have in school? • What responsibilities come with those rights? • How does showing respect help your school community? 	Choices, behaviour and consequences <ul style="list-style-type: none"> • How do your choices affect yourself and others? • How do rewards or consequences influence behaviour? • How can you make responsible choices in different situations?
Resources and additional support for Families			
<ul style="list-style-type: none"> • BBC Bitesize (KS2 PSHE and Citizenship) – short videos and activities to support understanding of democracy, rights, responsibilities and relationships • Disability History Month illustrated book - Parliament UK Education • BookTrust – high-quality book recommendations by age and topic, including friendship, inclusion, empathy and community • 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 8-9	First impressions and assumptions <ul style="list-style-type: none"> • What is a first impression? • Have you ever changed your mind about someone after getting to know them? • Why is it important not to judge people by how they look? 	Identity, uniqueness and self-value <ul style="list-style-type: none"> • What makes you unique? • What do you like about yourself? • Why is it important to value differences in ourselves and others? 	Bullying and recognising it <ul style="list-style-type: none"> • What does bullying look like? • Why can bullying sometimes be hard to spot? • What do you think you should do if you think bullying might be happening?
	Bystanders, witness and taking action <ul style="list-style-type: none"> • What does it mean to be a bystander or witness? • Why might some people join in or stay silent? • How can you help safely if you see bullying? 	Respect, kindness and physical differences <ul style="list-style-type: none"> • Why is it important for us to respect people's physical differences? • How can you show kindness to someone who looks or acts differently to you? • How might it feel if someone judged you based on your appearance? 	Opinions and understanding others <ul style="list-style-type: none"> • Can someone's opinion about someone change over time? How? • What helps you understand someone better? • Why is it important to get to know people before making decisions about them?
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 identity, difference, bullying 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 8-9	Hopes and dreams	Dealing with disappointment	Resilience and self-belief
	<ul style="list-style-type: none"> • What are some of your hopes and dreams for the future? • How does it feel when you think about something you really hope will happen? • Is there someone who inspires you to dream big? What is it about them that inspires you? 	<ul style="list-style-type: none"> • Have you ever really hoped for something that didn't work out? How did that feel? • What do you do when you feel disappointed? • What helps you start to feel better? 	<ul style="list-style-type: none"> • What does being resilient mean to you? • When things get hard, what do you tell yourself to keep going? • How does coping with something difficult make you feel about yourself afterwards?
	Making new plans and setting goals	Teamwork and roles in a group	Celebrating success
	<ul style="list-style-type: none"> • If something doesn't go to plan, how do you go about starting again or trying a different way? • What steps do you take when you are working towards a new goal? • Who helps you stay on track when you are working towards something important? 	<ul style="list-style-type: none"> • When you work in a group, what role do you usually take — leader, follower, organiser, encourager? • How do other people in a group help you, and how do you help them? • How does it feel to be part of a group that achieves something together? 	<ul style="list-style-type: none"> • What is something you are really proud of achieving ? • How do you like to celebrate success with the people around you? • If you could keep the feeling of a really proud moment with you always, how might that help you when things get tough?
Resources and additional support for Families			
<ul style="list-style-type: none"> • Place2Be – advice on how to open up conversations about hopes, disappointment and emotional wellbeing at home • Childline – child-friendly articles and tools to help build self-respect and a positive attitude towards goals • 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 8-9	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 it important to have a balanced diet? 	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) – lots of family resources, activities, food recipes and more • Stay Wise –learning about emergency services with interactive games, activities, videos and stories, and BBC - Level Crossing Video • 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 8-9	<p>Jealousy and friendship emotions</p> <ul style="list-style-type: none"> • What situations might make someone feel jealous? • How can jealousy affect friendships? • What can you do if you notice jealous feelings? 	<p>Love and appreciation</p> <ul style="list-style-type: none"> • What makes someone special to you? • How can you show care and appreciation to others? • How does it feel to give and receive love?
	<p>Loss, memories and staying connected</p> <ul style="list-style-type: none"> • How might someone feel when they no longer see someone they care about? • What can help us remember special people? • Why are memories important? 	
	<p>Friendship changes, conflict and repair</p> <ul style="list-style-type: none"> • Why do friendships sometimes change? • What can you do if you fall out with a friend? • What does it mean to compromise? • How can negotiation help solve conflicts fairly? 	<p>Standing up to pressure and healthy boundaries</p> <ul style="list-style-type: none"> • What does it mean to stand up for yourself? • How can you respond if you feel pressured? • Who can you talk to if you feel uncomfortable?
	<p>Relationships and respect</p> <ul style="list-style-type: none"> • What does it mean for a relationship to be important or special? • What makes any relationship healthy and respectful? • Why is it important to respect other people's choices? 	
<p>Resources and additional support for Families</p> <ul style="list-style-type: none"> • NSPCC – advice for families on boundaries, secrets, safety and relationships • Child Bereavement UK – support and advice about helping children cope with loss • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Relationships theme. 		
<p>School-based and local resources (editable box for teachers):</p>		

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Talking Together: suggested questions to support Changing Me learning at home			
Ages 8-9	What makes you unique <ul style="list-style-type: none"> • What things about you come from our family? What things are from your own choices? • How do your interests and hobbies help make you who you are? • What are you proud of about yourself? 	Puberty and menstruation <ul style="list-style-type: none"> • What have you learnt about puberty at school? • What is menstruation and why does it happen? • Why do periods start at different ages for different girls? 	Families and your inner circle <ul style="list-style-type: none"> • Who are the people in your inner circle that you trust? • In our family, who are the people you know you can always turn to? • What makes someone a trusted adult?
	Managing change in your life <ul style="list-style-type: none"> • What changes can people control? What changes can't they control? • What helps you cope when things change in your life? • How can planning ahead make change feel less scary? 	Accepting changes you can't control <ul style="list-style-type: none"> • How can someone respond positively to changes they can't stop? • What's the difference between worrying a normal amount and needing extra support? • If you needed reliable information about something, where would you look? 	Looking forward and asking for help <ul style="list-style-type: none"> • What changes are you looking forward to next year? • When might someone need to ask a trusted adult for support? • In our family, how do we ask for help when we need it?
	Resources and additional support for Families <ul style="list-style-type: none"> • NSPCC – advice for families on boundaries, secrets, safety and Changing Me • Always Advice on how to discuss periods with your child • BBC Operation Ouch clip explaining main changes of puberty • 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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