

# Friendships



Year 1 Relationships and Health Education – Autumn 1

I need to remember.....	Subject Specific Vocabulary			
<ul style="list-style-type: none"> <li>We may have similarities and difference e.g. blue eyes, brown hair, or pink skin and brown skin, but there is only one ME</li> <li>We may like or dislike the same things but it is ok to be different</li> <li>We are all special in our own way</li> <li>The zones of regulation are red, yellow, green and blue. We follow these in school</li> <li>They help us to identify how we are feeling and what we need to do to help regulate our emotions</li> <li>All families are different but the love they feel is the same</li> <li>We belong to the Turnfurlong Infant School community and follow the school's golden rules</li> </ul>		similar	The same or nearly the same	
		different	Opposite, not the same	
		individual	There is no one exactly the same as me	
		regulate	To be able to recognise and control something e.g. emotions	
				emotions
			love	An emotion, felt from the heart, related to care, belonging and protection
			community	Groups in the local area we belong to