**Keeping Myself Safe**

**Reception**

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| In Spring 1 we will be learning all about keeping myself safe | |
| This is what we will be learning about | * Name things that keep their bodies safe * Name things that keep their bodies clean and protected * Think about how to recognise things that might not be safe * Name the safe ways to store medicine and who can give it to children (adults) * Name adults in their lives and those in their community who keep them safe * Name some hazards and ways to stay safe inside * Name some hazards and ways to stay safe outside * Show how to care for the safety of others * Name the adults who they can ask for help from, and will keep them safe * Talk about keeping themselves safe, safe touches and consent * Share ideas about activities that are safe to do on electronic devices * What to do and who to talk to if they feel unsafe online * Name the people in their lives who help to keep them safe * Name people in their community who help to keep them safe |
| Here is some of the vocabulary we will be using | keep clean, sleep, keep safe, water, unsafe, worried, food, detective, tell, fresh air, uncomfortable, adult, cuddle, trust, medicine, address, chemist, doctor, grown up |
| You can support your child by talking to them ways to keep themselves safe and healthy and talk about what to do if they are worried about something. | |
| If you have any questions about this learning or would like to view the resources we will be using in lessons, please speak to your child’s Class Teacher. | |