

Autumn 2- We are safe!

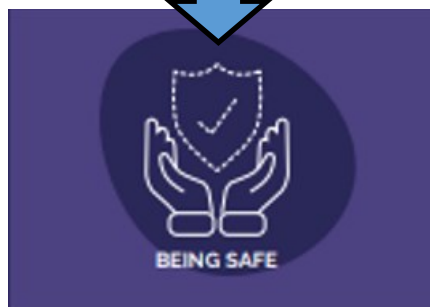
Mental Fitness:

Strength of our
response system



Social Fitness:

Being Safe



Physical Fitness:

Body Respect



Themes:

safety,
responding and not reacting,
hot cross bun,
fight, flight, freeze,
self-image, body image,
consent, privacy, respect

Personal Attributes:

optimism,
honesty,
integrity,
courage,
sense of justice,
right or wrong

This terms end goals



MENTAL FITNESS

To know that we must try and respond and not react. Our minds want to protect us.

To know that all emotions are ok, as long as we manage them well. That we must pay attention to our thoughts and feelings so they don't get too strong or big.



SOCIAL FITNESS

To keep safe, we must have boundaries and remember that no means no. We all have private parts and they are private for a reason.



PHYSICAL FITNESS

We only get one body so we should love it, respect it and not compare ourselves to others.

We only get one life, so let's learn how to live it well!