We are KS1 **citizens**

Question, discuss, collaborate, challenge, empathise, summarise, express!

- ask questions and give a response.
- role-play characters in scenarios to help empathise.
- contribute to discussions.
- summarise key information.
- express opinions in a respectful and thoughtful way.
- explain how to form respectful relationships with others, deal with conflict and bullying and the importance of challenging stereotypes.
- learn strategies for looking after mental and physical health, including: healthy eating, relaxation techniques, sun safety and the benefits of sleep.
- understand the importance of online and road safety
- understand human rights and the rights of the child, democracy, diversity and community and protecting the environment.
- how to make decisions when it comes to spending, budgeting and saving money and exploring