Knowledge Organiser

SCARF

Year 1 - Keeping Safe

Key questions

How Our Feelings Can Keep Us Safe

How many different feelings can people have?

Do different feelings make your body feel different?

What can you do if you have 'not so good' feelings?

How can you help if someone else has 'not so good' feelings?

Keeping Healthy

What do people need to keep healthy?

How do you keep yourself healthy?

Why do we need different things to be healthy?

Medicine Safety

How do medicines help?

Are medicines always helpful?

Where do medicines need to be kept? Why?

Key vocabulary

air sleep exercise stop
unsafe share nervous internet
medicine uncomfortable
body feelings food
water safe healthy
private worried scared

I can ...

I can say what I can do if I have strong, but not so good feelings, to help me stay safe (e.g. sad - talk to someone).

I can give examples of how I keep myself healthy.

I can say when medicines might be harmful (e.g. overdose, if not needed, another person's medicine, etc.)