



Great Moor Junior School

"Learning Together"

Respect, Kindness, Tolerance, Responsibility, Co-operation

The **ZONES** of Regulation™

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Relaxed	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control



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Year 3 - Families and relationships

Bullying	To cause repeated physical or emotional pain to somebody.
Communicate	To interact with other people through words or body language.
Stereotype	A view or idea about something, often someone, which is often untrue.
Sympathy	Feeling sad for someone when something bad happens to them.
Trust	Relying on someone to do something for you, such as keeping a secret or keeping something safe for you.



There are similarities and differences between people.



Stereotypes can have a negative impact as they can make people think they cannot do certain things.

Families help other in each in different ways.

Families sometimes experience problems and if they can't solve these themselves, there are other people who can help.

Friendships have ups and downs but these can be overcome. Violence is not an answer to friendship problems.

Bullying can be physical or emotional and is repeated. Bullying can happen online as well as face to face.



People can communicate in ways other than talking.



Listening is as important as talking for good communication.



Trust is an important part of a relationship and we trust different people for different things.

Talk to an adult you trust either at school or at home.

Contact: Childline
www.childline.org | 0800 1111
Calls DO NOT show on the phone bill

Year 3–Staying Safe



With soap, thoroughly rub the palms of your hand together



Rub each palm over the back of the opposing hand with fingers interlaced



Interlace your hands and rub palm to palm



Interlock your hands and rub the backs of your fingers onto the opposing palm



Grasp your thumb with the opposing palm and rub while rotating



With clasped fingers, rotationally rub each hand onto the opposing palm

Getting help

In an emergency, call 111 or 999.



If you are worried about something, talk to an adult you trust at home or at school.

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If you feel uncomfortable or unsafe then you can ask someone to stop what they are doing and go and find somewhere or someone who does make you feel safe.

Safety tips

If you receive a suspicious email, mark it as spam, delete it or report it to an adult.

If you are not sure about a decision, talk it over with someone you trust.



When we cross the road we need to remember to:

Stop , Look  and Listen .



Define: mental health

a person's condition with regard to their psychological and emotional well-being.

Zones of Regulation

Blue	Green	Yellow	Red
			
Bored Lonely Sad Tired Unwell	Calm Content Focused Happy Ready to learn	Anxious Confused Excited Frustrated Worried	Angry Aggressive Terrified I need time and space

Signs of good mental health

Feeling confident

Feeling and expressing a range of emotions

Building and maintaining positive relationships with others

Being interested in the world around you

Ability to cope with change and manage change appropriately

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6 TIPS TO HELP KIDS SLEEP

1. HAVE AN EVENING ROUTINE 
2. NO LATE DINNER OR SNACKS 
3. TURN OFF ALL ELECTRONICS 
4. PLAY BEFORE BEDTIME 
5. KEEP THE ROOM DARK AND COOL 
6. READ OR LISTEN TO A STORY 



Year 3- Citizenship

Charity	An organisation that raises money for those in need.
Community	A group of people living in the same area.
Consequence	The result of an action, usually one that is negative or involves punishment.
Council	A group of people who manage a city, county or organisation.
Councillor	A member of a council.
Democracy	A system of government where everyone can vote for who they want to represent them.
Environment	The local surroundings or place a person lives or works in.
Law	Rules enforced by government that define what we can and cannot do.
Recycling	Converting waste into reusable materials.
Responsibility	Being in charge of our own actions.
Rights	A set of actions and principles that are entitled to someone.
Un/United Nations	An international organisation founded in 1945 after World War 2 which aims to maintain international peace and security, human rights and better standards of living.

Define: borrowing

To receive something with the intention of giving it back.

Define: stealing

To take something without permission and do not intend to return it.

The United Nations has created a set of rights for children in those countries who have agreed to sign up to them.

The rights of the child cannot be taken away and adults have a responsibility to make sure children enjoy their rights



Recycling materials helps the environment by reducing rubbish in landfills and reducing the use of raw materials



There are buildings in our community which are used by different groups for example places of worship, libraries and schools





Year 3 - Economic Wellbeing

There are lots of different jobs available and we can decide what we might want to do.

Sometimes people think some jobs are only for males or only for females. This is not true and anyone can do a job if they are qualified.



Midwife



Computer developer



Police officer



Army soldier



Hairdresser



Football manager



Mechanic



Illustrator

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There are different ways to pay for things we buy



Card



Coins



Notes

You need to have the money available
 however you choose to pay for something.

Money can cause us to have different feelings.
 These can be good and bad feelings.

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