

**How do I feel
when I am safe?**
Year 1 - Lesson 2

How do I feel when I am safe?



Lesson specific notes

- This lesson covers some topics that people might find upsetting, such as:
 - **Feeling unsafe**
- Signposting to support and advice for these topics can be found near the end of this lesson.
- If any safeguarding concerns are raised during the lesson, please follow your policy and speak to your Designated Safeguarding Lead.
- **Activity** - There is an alternative reading task on the linked worksheet.
- In order for lesson animations to work effectively, we recommend running the presentation as a slideshow by clicking on the 'slideshow' button on the top right. Alternatively, press Ctrl+F5.



How do I feel when I am safe?



Knowledge

Date

Feeling calm and happy are signs that we are safe.

Life Lesson

I can spot when I feel safe with different people.

Lesson ground rules



Do



Listen to others without interrupting



Be open and honest



Make sure everyone in the group has a chance to speak



Respect each others ideas and opinions



Encourage and support everyone

Keywords



safe		something that won't hurt us
unsafe		something that might hurt us
trusted adult		someone we know offline who makes us feel safe who can help us

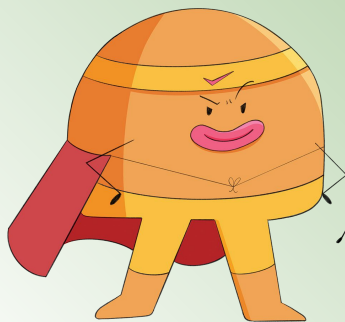


sad

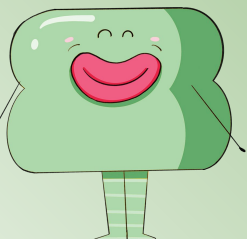


scared

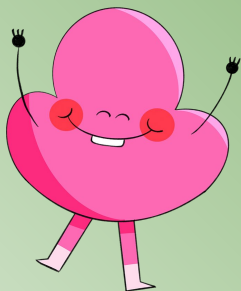
**In this lesson we will
meet ...**



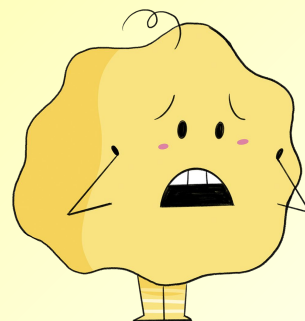
confident



happy



joyful

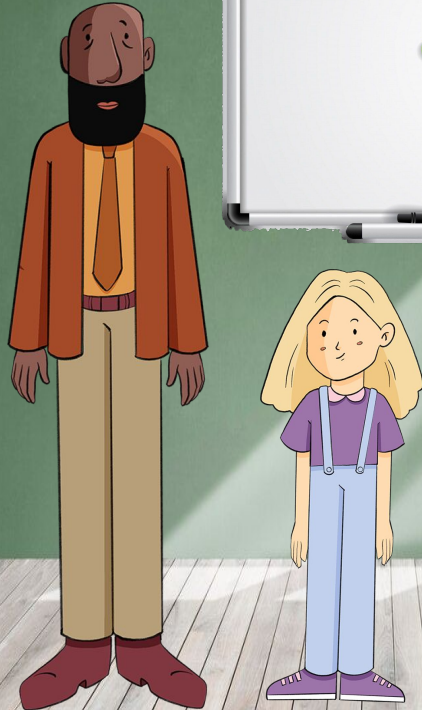


worried



Explore

Abigail feels safe



Abigail has spent the morning at school, learning lots of new things with her teacher.

I love coming into school! Mr Williams always helps me to understand things better.

A photograph of a playground with trees and a blue sky in the background. Three cartoon children are overlaid on the bottom left of the image. A yellow speech bubble with a dark blue border points to the girl in the middle.

Let's play on the
climbing frame, Abigail!

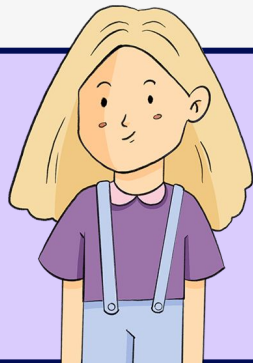
It's lunchtime now and she's
about to play with her best
friends!

She is smiling and has a
warm feeling in her tummy.

Quick think



How do you think Abigail feels at school?



How do you know Abigail feels like this?

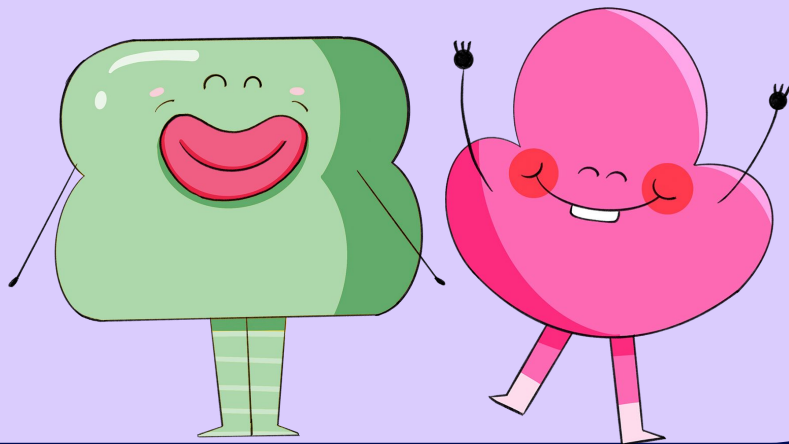
Quick think - possible answers



How do you think Abigail feels at school?

Abigail might feel:

- *happy*
- *excited*
- *calm*



Quick think - possible answers



How do you know Abigail feels like this?

- *Abigail says she loves coming into school.*
- *She is smiling and has a warm feeling in her tummy.*

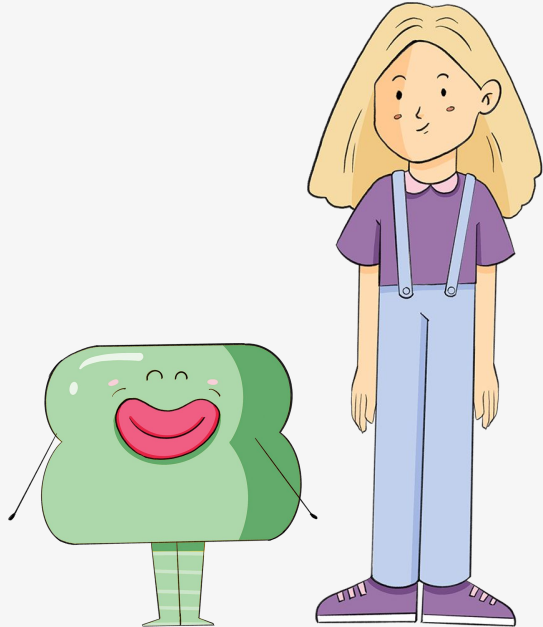


Understand

Feeling safe



Our feelings tell us how we are, and help us know if we are **safe**.



I know that I am **safe** at school because I feel **happy** and **calm** most of the time.

If I feel sad at school, I know that my teacher will help me feel better.



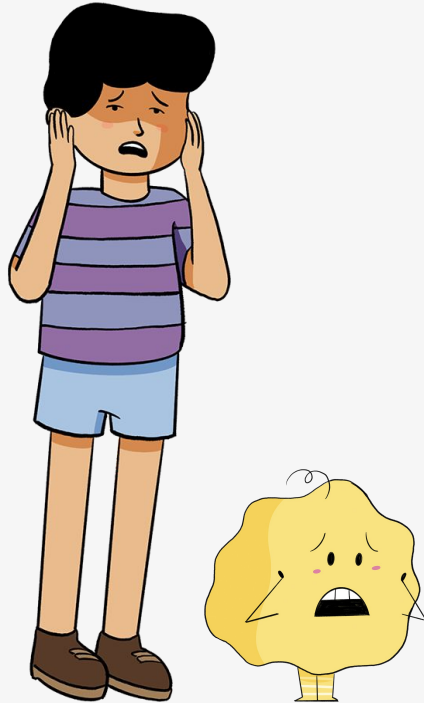
We can listen to our bodies to help us know if we feel **safe**.

I know that I am **safe** at home because my tummy feels calm and my hands don't feel sweaty.





Our feelings can also tell us when we are **unsafe**.

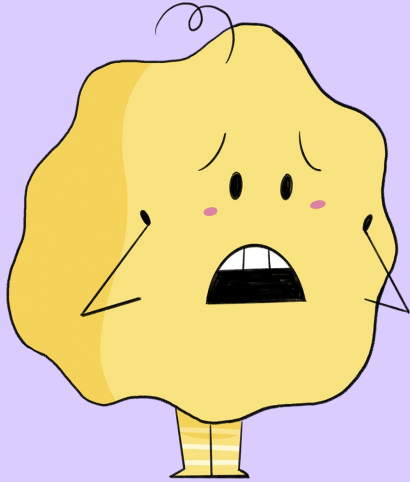


How might we feel if we
are **unsafe**?

Discuss possible answers



How might we feel if we are **unsafe**?



worried



scared



sad

Feeling unsafe



At the weekend, I lost my parents at the supermarket. I know I didn't feel **safe** because I felt worried and scared.





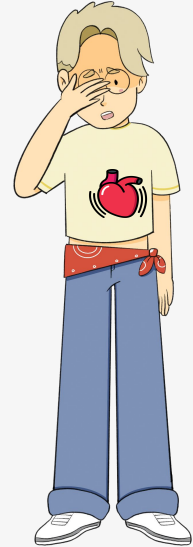
Sometimes, we need to listen to our bodies to find out if we are **safe** or not.



We might have a funny feeling in our tummy.



We might want to cry.



Our heart might beat fast.



We might feel **unsafe** if someone touches our body in a way that makes us uncomfortable.

I felt **unsafe** when someone I didn't know well tried to give me a hug. This person gave me a funny feeling in my tummy.





We might feel **unsafe** if someone is hurting us, or is making us feel sad most of the time.

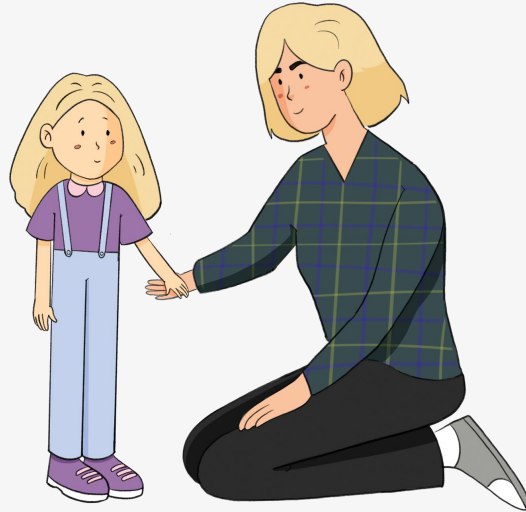


I felt **unsafe** when the older children in my school were saying mean things to me. My heart would beat faster when I walked past them, and they made me feel sad most lunch times.



If we feel **unsafe**, we should tell a **trusted adult** straight away:

If your trusted adult doesn't listen or help, keep telling other people until you are heard.



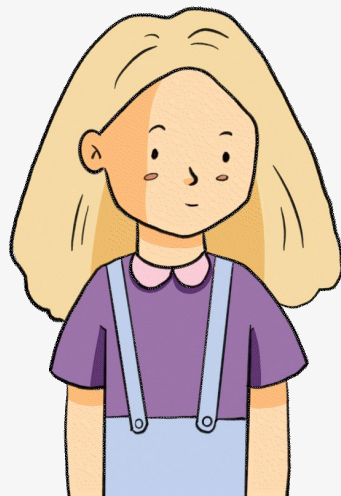
parents and carers



teachers

What should we do if we feel **unsafe**, and the first person we tell doesn't listen or help us?

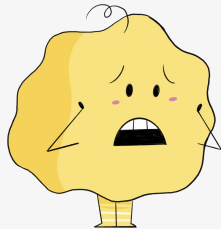
*We should keep telling other people that we feel **unsafe**, until someone listens to us.*





Wei felt **unsafe** when he lost his parents at the supermarket.

Who could help Wei at the supermarket?



Discuss - possible answers



A shopkeeper who is wearing a uniform or badge.



A security guard who is wearing a uniform. They usually stand by the entrance of the shop.



We should always feel **safe** around our **trusted adults** and the other people in our lives, such as our friends at school.





Sometimes, we need to decide whether need to get help from a **trusted adult**, or if we can sort out the problem on our own.



I lost my coat at playtime. I felt worried at first, but Wei helped me look for it! I didn't need help from a **trusted adult**.

Abigail told her friend she didn't want to hold hands, but her friend didn't listen.



Is this a problem that Abigail can fix on her own? Or does she need to get help from a **trusted adult**?



Is this a problem that Abigail can fix on her own?
Or does she need to get help from a **trusted adult**?

*Abigail needs to tell her **trusted adult**. Her friend didn't listen when she said she didn't want to hold hands. A **trusted adult** can help everyone understand that we must always listen when someone says no, so that everyone feels **safe**.*



Activate



For each scenario decide whether you would feel **safe** or **unsafe**. Move to left of the room if you think you would feel **safe**, and the right of the room if you think you would feel **unsafe**.

safe



unsafe

You're playing in the playground with your friends and a teacher is watching nearby.

safe



unsafe

Someone you don't know asks you to go with them to find their lost dog.

safe



unsafe

You're at home with your **trusted adult**,
reading your favourite story.

safe



unsafe

You tell someone you don't want a hug, but
they try to hug you anyway.

safe



unsafe

Draw a picture of two **trusted adults** you could speak to if you felt **unsafe**.

Extend activity - possible answers



Draw a picture of two **trusted adults** you could speak to if you felt **unsafe**.



your parent or carer



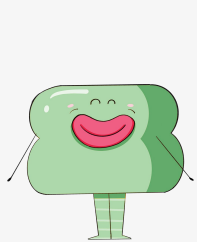
your teacher

Provision activity

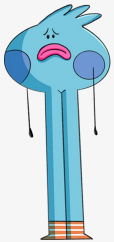
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Cut and Stick

1. Cut out each emotion.
2. Sort the emotions that we might feel when we are **safe** and **unsafe**.



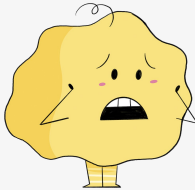
happy



sad

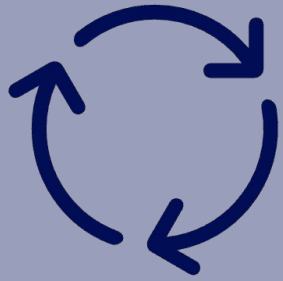


scared



worried

How do I feel when I am safe ?	How do I feel when I am unsafe ?



Reflect

**Life
Lessons**



Let's check!



How might we feel if we are **safe**?

happy



scared

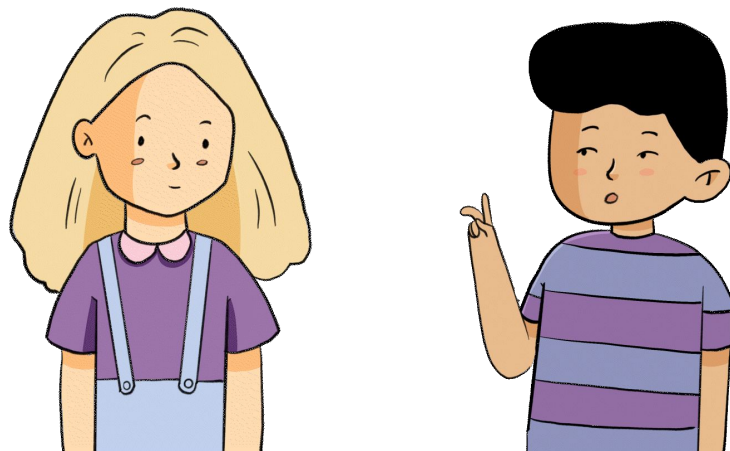
worried

calm



Let's check!

Tell your partner two **trusted adults** you could speak to if you felt **unsafe**.



Let's check - possible answers

Tell your partner two **trusted adults** you could speak to if you felt **unsafe**.



your parent or carer



your teacher

Time to reflect



You have 30 seconds of thinking time.
Answer **one** of these questions.

- What have you learnt this lesson?
- If someone missed this lesson, what is the most important thing we should let them know?
- Have you changed your mind about anything during this lesson?

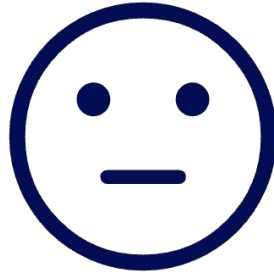
How did this lesson make you feel?



Very sad



Sad



Neutral



Happy



Very happy

Where to get support



You can call, text or chat to Childline any time, day or night. They can listen to your problems and help you find support.

Visit the [Childline website](https://www.childline.org.uk) or call them on 0800 111



You can talk to a trusted adult, like a parent/carers or teacher, about how you feel.



Feedback

We regularly update our lessons, to make sure that our resources remain relevant, appropriate and engaging for young people.


If you'd like to let us know what you think, please complete [this form](#). It takes as little as 30 seconds and you only have to answer the questions that are relevant to you.



Life Lessons

We aspire to a world where all young people are equipped to make healthy choices and thrive.

Our student-centric PSHE curriculum and wider ongoing support empowers educators to foster a healthy school culture and equips young people to navigate the complexities of life.



[Discover our approach to learning](#)

