



Year 1. Getting to Know Myself

Teacher Guide

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List of Topics

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IN PROGRESS

Unit 1: Its Me

I am unique and irreplaceable. I value my family, my physique and my ability to relate to others who are also unique.

1. I'm called Charlie

How belonging to a family is part of my identity; use of first and last names.

2. The mirror game

Observing and valuing my physical individuality; coordinating movement, naming parts of the body (head, arms, hands, legs, feet) and using positional words.

3. A trip to the country

Understanding how I use my five senses; valuing myself as a unity of body and spirit; realising that human beings have intelligence and will.

4. George breaks his leg

Realising that disability does not make a person less worthy of dignity and respect.

5. Birthdays

Understanding that not everyone has the same tastes; these differences don't prevent us from being equal.

6. One day I will be ...

Understanding some of the differences between being a girl or a boy.

Unit 2 The world and me

I can make the distinction between nature and the human person; and see myself with my personal characteristics in the context of the rest of nature.

7. Becoming a gardener

Identifying the four main elements of nature and their functions; establishing why human beings are qualitatively different from the rest of nature; appreciating our role as custodians of the natural world.

8. Charlie visits his grandparents

Exploring some specifically human characteristics: the ability to love, analyse, laugh, be creative, etc. Realising that obligations and responsibilities flow from our gifts.

9. Charlie at the beach

Realising the importance of my creative capacity to imagine, sing, dance, laugh, etc., and how it expresses the inexpressible. Valuing the world of my imagination.

10. Consoling Alice

Discovering human feelings and sentiments, their importance and the appropriate place for expressing them. Emphasising that they are a natural response to particular circumstances and events.

Unit 3 Myself and others

I realise that I interact with others, at school, in the family, in my neighbourhood, and that how I behave affects them.

11. The street is not a dustbin!

Discovering that I have responsibilities towards my family, our surroundings, and caring for plants, pets, etc.

12. Charlie leads the way

Getting to know more about my school, the building and the people who work there.

Unit 4: My Family

Chapter 16: Family Ties

Chapter 17: Alice Awaits Her Little Sister

13. A sleepless night

Learning more about my sentiments and how to express them. Understanding and mastering my feelings and being empathetic towards others.

14. It's fish today

Learning to relate well with others. Being respectful and polite.

15. In the park

Avoiding self-centredness; getting on well with others.

Unit 4 My family

I can name and describe those close to me at home and understand how we are related. I can explain why I value my family. I understand that good habits of hygiene promote health and well-being and prevent illness.

16. Family ties

Understanding how I am related to my close family members; valuing the love and support I receive from my family and the part I play.

17. Alice awaits her little sister

Appreciating that family life tends to the good and happiness of all its members; its importance at each stage of our lives. Valuing the care of our wider family.

18. Charlie learns some good habits

Good habits of hygiene help preserve health, show self-respect and contribute to our physical attractiveness.

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