



Year 2. Happy and Healthy – Teacher Guide

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List of Topics

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IN PROGRESS

Happy and Healthy follows on from Book 1 *Getting to Know Myself* and is designed for Year 2 (ages 6-7). It may be taken at an earlier or later age depending upon local circumstances.

Error: There is an error in the speech bubbles of the title page where Charlie and Alice announce that they are aged five. The reference to age has been removed in the electronic version of the book and will be omitted in future printed editions.

Unit 1 Getting to know myself

I can name and describe common feelings. I understand that I am loved and important. I am learning to look after myself.

1. Back to school

Distinguishing between who am I? and who would I like to be?; connecting these with the basic concepts "I ought to" and "I must" while also understanding some commonly felt emotions.

2. Alice comforts Marianne

Being observant of others is a good way to make friends; the importance of give and take in life.

3. Remembering the holidays

Facing up to temptations in order to achieve higher goals.

4. I am unique

Understanding the inestimable worth that each child has in the family; knowing that large family events such as the arrival of a new baby does not change this.

5. I take care of myself

Ways to win over children to the demands of health, especially diet.

Unit 2 Fitting in with those around me

I can explain why other people are also important. I can list and explain rules that help us get along with each other at school and at home.

6. The golden rule

Learning to treat others as we would wish to be treated; using our sensibilities to guide us towards what is just.

7. The story of the Little Red Hen

Working hard and being generous to others brings its own satisfaction and rewards.

8. Charlie's rubber disappears

Understanding property; asking before borrowing things.

9. Alice lends her things to George

Being generous is easier when others treat our property well; being careful with all the things we use whoever owns them.

10. Charlie behaves badly

The importance of honesty; owning up and being forgiven.

11. Teasing Kevin

Getting along and respecting people who are different from us in temperament and tastes.

Unit 3 Together, life is beautiful

Unit 5 Together, life is beautiful!

I can name and describe all the people who look after me at school. I know how to be courteous towards them. I can explain how I can be helpful at school and at home.

12. A chance meeting

Appreciating the members of school staff and learning what they each do; understanding the importance of friendliness and courtesy.

13. Charlie and bad language

Realising why careless and bad language creates a divisive atmosphere and reflects poorly on the speaker.

14. A visit from the mayor

Understanding how much work goes into running civic life; realising how much we owe to people we may never meet.

15. End of term

Knowing that our actions impact people we do not know as well as those around us; realising that when rules are thoughtfully observed we need fewer of them.

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