



RSHE - Y1



06.06.2022 - 22.07.2022

Unit title

M3) What helps me to be happy?

Description of Unit

Understand the connections between their actions and the feelings of themselves and others.
Discover how our choice of our activities can affect our happiness.

Key Vocabulary

Feelings Sleep
Online Physical exercise
Offline Indoors
Activities Outdoors
Hobbies