

Year 3

**Being Me in My World**

Setting personal goals  
Self-identity and worth  
Positivity in challenges  
Rules, rights and responsibilities  
Rewards and consequences  
Responsible choices  
Seeing things from other perspectives

**Celebrating Difference**

Families and their differences  
Family conflict and how to manage it (child-centred)  
Witnessing bullying and how to solve it  
Recognising how words can be hurtful  
Giving and receiving compliments

**Dreams and Goals**

Difficult challenges and achieving success  
Dreams and ambitions  
New challenges  
Motivation and enthusiasm  
Recognising and trying to overcome obstacles  
Evaluating learning processes  
Managing feelings  
Simple budgeting

**Healthy Me**

Exercise  
Fitness challenges  
Food labelling and healthy swaps  
Attitudes towards drugs  
Keeping safe and why it's important  
Online and offline scenarios and what to do  
Respect for myself and others  
Healthy and safe choices

**Relationships**

Family roles and responsibilities  
Friendship and negotiation  
Keeping safe online and who to go to for help  
Being a global citizen  
Being aware of how my choices affect others  
Expressing appreciation for family and friends

**Changing Me**

How babies grow  
Understanding a baby's needs  
Outside body changes  
Inside body changes  
Family stereotypes  
Challenging my ideas  
Preparing for transition into year 4

