

Help & Resources – Friendship & Emotions KS1

[Promoting healthy relationships in schools | NSPCC Learning](#)

NSPCC Learning Relationships play a key part in every child or young person's wellbeing. Healthy relationships can help a child feel secure and supported, but unhealthy relationships can have a long-lasting negative impact.

[Primary AGENDA free online resource promoting positive relationships in schools and communities, ages 7 to 11 – Lincolnshire County Council](#)

Primary AGENDA is a resource for educational practitioners who want to support children aged 7 to 11 to make positive relationships matter in their school and community.

Through starter activities and case studies, primary AGENDA invites you to explore inclusive, creative and rights-based approaches to a range of issues including:

- feelings and emotions
- friendships and relationships
- body image
- consent
- gender and sexuality equality and equity

[Healthy minds resources hub for professionals – Lincolnshire County Council](#)

Healthy Minds Lincolnshire have created information packs on a variety of emotional wellbeing issues. These are for school staff to talk through with children, young people and their parents or carers. These information packs aim to provide education on the emotional wellbeing concern and brief self-help strategies that you can support the young person and their parent or carer to implement. Covering topics such as anger, low mood, anxiety and worry, emotional well-being, self-esteem, strategies, grief and loss and body image.

[Teaching healthy relationships: 5 resources to help \(thinkuknow.co.uk\)](#)



A fun animated series for ages 4-7, [Jessie and Friends](#) helps children explore topics including: consent in the context of sharing images online, the qualities of good friendships, the difference between secrets and surprises, and identifying trusted adults who can help.



Friendship & Emotions (Based on the film 'Inside Out')

[Resource - Inside Out: Film Guide - Into Film](#)



A film guide that looks at Inside Out (2015), an animated adventure about the five dominant emotions inside an 11-year-old girl's head, as she struggles to come to terms with moving home.

This guide is useful for exploring topics including PSHE Education and Art & Design in addition to highlighting themes surrounding mental health, growing up, family, friendships and school.

[Inside Out and SEL: A Movie Guide and Lesson Plan for Your Classroom | Common Sense Education](#)

Help students reflect on the social and emotional aspects of the movie and consider how their own emotions work.

Other Resources



[Stay Safe Partnership – Lincolnshire County Council](#)

[Infant, primary and junior school offer – Lincolnshire County Council](#) - Infant, primary and junior school offer



[PSHE Primary in England \(jigsawpshe.com\)](#)

Enriching your KS1 And KS2 PSHE with easy-to-use lesson plans & resources.

Support

www.childline.org.uk – Offers and online and phone based counselling and support service. Will not appear on phone bills and is a Freephone number – 0800 1111



If you are suspicious or have any concerns that a Child is suffering or is likely to suffer 'Significant Harm', including any form of mistreatment or abuse, please call the Customer Service Centre (CSC) on 01522 782111



If you have concerns about the immediate safety of a child, you can call Lincolnshire Police on 101 or, in an emergency, dial 999



CEOP also offer an online 'Report Abuse' button which can be accessed at [CEOP Education \(thinkuknow.co.uk\)](#)