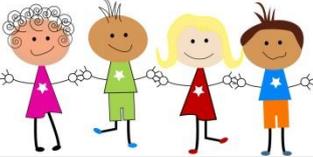# YEAR 1 ANTI-BULLYING PROGRESSION
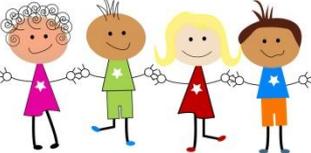
Theme	
New Beginnings	• I know some ways to solve a problem using PPS • I know ways to calm myself down • I can see things from someone else's point of view. • I can recognise fair and unfair
Getting On and Falling Out	• I know ways to calm down • I can listen well when other people are talking • I can use peaceful problem solving to sort out problems so that both people feel ok • I can listen well when other people are talking
Say No to Bullying	• I can tell you how someone who is bullied feels • I know that when you are sad it affects the way you behave and think
Going For Goals	• I can think of solutions and predict consequences
Good To Be Me	• I can use the Problem Solving Process
Relationships	• I understand that being unkind and hurting someone doesn't make me feel better • I can think of ways to make me feel better when I feel hurt without hurting others
Changes	• I can make some changes quickly but some changes take a long time

Theme	
New Beginnings	- I know some ways to solve a problem using PPS - I know more ways to calm myself down - I can recognise fair and unfair
Getting On and Falling Out	- can use my ability to see things from the another point of view to make a conflict situation better - I know my feelings can overwhelm me
Say No to Bullying	- I can tell you how someone who is bullied feels - I know that when you are sad it affects the way you behave and think
Going For Goals	- I can review and learn from my mistakes - I can tell you what I'd do differently
Good To Be Me	- I can tell when I am being impulsive and when I am thinking things through - I can change my behaviour if I stop and think about what I am doing
Relationships	- I understand that being unkind and hurting someone doesn't make me feel better - I can think of ways to make me feel better when I feel hurt without hurting others
Changes	- I know what it means when something is or isn't your fault - I know that I make my own choices about my behaviour