

# Being My Best Knowledge Page Year 5

## Key questions

What do our internal organs do?

What are my strengths?

How could we improve our school community?

Who helps me and how can I help them?

What 'star' qualities do you and I have?

How can I help quickly in a first aid emergency?

perseverance    media-influence    kindness

celebrities    independence    patience

resilience    consideration    confidence

Personal qual-  
ities

## Lesson Progression

Wk	Lesson
1	It all adds up!
2	Different skills
3	My school community (2)
4	Independence and responsibility
5	Star qualities?
6	Basic first aid, including Sepsis Awareness

## Resources

Coram Life Education