

Naónáin Shóisir.

Oideachas Soisialta Pearsanta agus Sláinte/Social Personal and Health Education.

A Thuismitheoirí, a chairde,

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Oid.Caidreamh & Gneasachta

Seo mise.
Cé tusa?
Ag déanamh roghanna
Fásaim.
Beatha Nua.
Tá mothúcháin againn.
Daoine a mhuineann sábháilteacht duinn.
Seo mo chlann.
Is cairde sinn.

Relationships & Sexuality Ed.

This is me.
Who are you?
Making choices.
I grow.
New Life.
We have feelings.
People who teach us about keeping safe.
This is my family.
We are friends.

An Clár Bí Sábháilte.

Straiteísí Sábháilteacha
Bulaíocht.
Teagmháil Coirp.
Ag lorg cabhair.
Stráinseirí.

The Stay Safe Programme.

Feeling safe and unsafe.
Bullying.
Touches.
Secrets/Telling.
Strangers.

Misneach.

Féinaithne
Mo chuid Céadfaí.
Ag tabhairt aire do mo Chorp.
Mothúchain.
Caidreamh le Daoine Eile.
Amhráin.

Walk Tall.

Self Identity.
My Senses.
Taking care of my Body.
Feelings.
Relating to Others.
Songs.

Le meas.

Naónáin Shinsir.

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Oid. Caidreamh & Gnéasachta.

Féach cad is féidir liomsa a dhéanamh.
Ag déanamh cinntí.
Mo Chorp.
Fásaim & Athraim.
Ag tabhairt aire do bheatha nua.
Tá mothúcháin ag daoine eile chomh maith.
Is féidir liom bheith sábháilte.
Seo mo chlann.
Seo mo chairde.

An Clár Bí Sábháilte.

Straiteísí Sábháilteacha
Bulaíocht.
Teagmháil Coirp.
Ag lorg cabhair.
Stráinseáiri.

Misneach.

Féinaithne.
Na cuig chéadfaí.
Ag fas & ag athrú.
Sábháilteacht & Cosaint.
Mise & mo chlann.
Mo chairde & daoine eile.
Caidreamh le daoine eile.
Ag fobairt Saoránachta.
Amhráin.

Le meas.

Muinteoir Naónáin Shinsir.

Relationships & Sexuality.

Look what I can do.
Making decisions.
My Body.
I grow and change.
Caring for new life.
Other people have feelings too.
I can be safe.
This is my family.
These are my friends.

The Stay Safe Programme.

Feeling safe and unsafe.
Bullying.
Touches.
Secrets/Telling.
Strangers.

Walk Tall.

Self Identity
The five senses
Growing & changing.
Safety & Protection.
Myself & my family.
My friends & other people.
Relating to others.
Developing Citizenship.
Songs.

Rang a 1.

Oideachas Soisialta Pearsanta agus Sláinte/Social Personal and Health Education.

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Oid.Caidreamh & Gnéasachta

Rudai is maith liom a dhéanamh
An chaoi a bhfeidhmíonn mo chorp
Leis an bhfás tagann athraithe
Cinntí agus a n-iarmhairtí
Iontas beatha nua
Ag léiriú ar mothúcháin
Sabhallteachta
Mo Chlann
Mo Chairde

Relationships & Sexuality Ed.

Things I like to do
How my body works
Growing means changing
Decisions and their consequences
The wonder of new life
Showing our feelings
Keeping safe
My Family
My Friends

An Clár Bí Sábháilte.

Mothú sábháilte/neamhshábháilte
Bulafocht
Teagmháil coirp
Scéalta rúin/ag déanamh scéala
Strainséirí

The Stay Safe Programme.

Feeling safe & unsafe
Bullying
Touches
Secrets & telling
Strangers

Misneach.

M'ainm
Na rudai is ansa liom
Cosúil/eagsúil
Tá tallanna agam
Tá tuairimí agam
Tá sé ceadaithe botuín a dhéanamh
Rialacha maidir le cógais
Tá mothúcháin ceadaithe
Is ar mhaithe le rud tábhachtach a dhéanann
daoine rialacha
Rialacha an tseomra ranga
Braithim mar chuid de....

Walk Tall.

My name
My favourite things
Alike/different
I have talents
I have opinions
It's ok to make mistakes
Rules about medicine
Feelings are ok
People who make rules care about something important.
The rules of this classroom.
I belong..

Le meas _____

Rang a 2.

Oideachas Soisialta Pearsanta agus Sláinte/Social Personal and Health Education.

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Oid.Caidreamh & Gneasachta

Tá daoine eile speisialta
Cinntí pearsanta
Mo chorp agus aire
Fás & athrú
Iontas beatha nua
Mothúcháin
Sábháilteachta
Mo Chlann
Mo Chairde

Relationships & Sexuality Ed.

Other people are special
Personal decisions
My body and special care
Growing & changing
The Wonder of new life
Feelings
Keeping safe
My Family
My Friends

Bí Sabháilte

Mothú sabháilte/neamhshábháilte
Bulaíocht
Teagmháil coirp
Scéalta rúin/ag déanamh scéala
Strainseirí

Stay Safe

Feeling safe/unsafe
Bullying
Touches
Secrets & telling
Strangers

Misneach

Mo chroí & mo scámhóga
Caitheamh tobac
Drugair
Tionchar cairde
Bulaíocht
Mo chearta
Tionchar na fograíochta
Ag foghlaim le 'ní hea' a rá

Walk Tall

My heart & my lungs
Smoking
Drugs
The influence of friends
Bullying
My rights
The influence of advertising
Learning to say no

Le meas:

Rang a 3.

Oideachas Soisialta Pearsanta agus Sláinte/Social Personal and Health Education.

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Oid.Caidreamh & Gnáásachta

Tallanna speisialta
 Sabhailteachta
 Ar gceádfaí
 Mo chlann
 Athraim de réir mar a fhásaim
 Beatha Nua
 Troideann cairde uaireanta
 Ag léiriú mothúcháin
 Ag déanamh cinntí

Relationships & Sexuality

Special talents
 Keeping safe
 Our senses
 My Family
 As I grow I change
 New Life
 Sometimes friends fight
 Expressing feelings
 Making decisions

Bí Aireach

Mothú na sabhailteachta & na contúirte
 Bulaiocht
 Teagmháil Coirp
 Scéalta rúin/ag déanamh scéala
 Straínséirí

Stay Safe

Feeling safe & unsafe
 Bullying
 Touches
 Secrets & telling
 Strangers

Misneach

Mo Láidreachtaí
 Duine uathúil mé
 Rialacha an tseomra ranga
 Cothromáiocht an choirp
 Ag caitheamh tobac
 Ag ól
 Mothúcháin mhídheasa
 Rioga
 Roghanna á ndéanamh
 Éisteacht
 Cé a mbíonn tionchar acu orm?
 Duine uathúil tusa chomh maith

Walk Tall

My strengths
 I am unique
 Rules of the classroom
 Body balance
 Smoking
 Drinking
 Not-so-good feelings
 Acting on impulse
 Making a choice
 Listening
 Who influences me?
 You are unique too

Le meas _____

Rang a 4.

Oideachas Soisialta Pearsanta agus Slainte/Social Personal and Health Education.

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Oid.Caidreamh & Gneasachta

Mé Féin & Daoine Eile

Maistíneacht

Mo Chlann

Rialacha

Mothúcháin

Beatha Nua

Slainte

Ag fas & ag forbairt

Ag réiteach fadhbanna

Relationships & Sexuality Education

Myself & Others

Bullying behavior

My Family

Reasons for Rules

Feelings

The Wonder of New Life

Being clean, keeping healthy

Growing & changing

Problem solving

Bí Sábhailte

Mothú na sábhailteachta & neamh

Shábháilteachta

Bulaíocht

Teagmháil Coirp

Scéalta Rúin & ag déanamh sceálta

Stráinseirí

Stay Safe

Feeling safe & unsafe

Bullying

Touches

Secrets/Telling

Strangers

Misneach

Féinghlacadh

Dearcaí

Mothúcháin a léiriú

Cinnteoireacht

Coimhlintí

Ag deáileáil le casanna deacra

Toitíni

Alcol

Drugai

Cumarsáid dhíreach

Grupaí muinteartha

Walk Tall

Self-acceptance

Viewpoints

Expressing emotions

Decision making

Conflicts

Dealing with difficult cases

Cigarettes

Alcohol

Drugs

Direct communication

Groups I belong to

Le meas:

Rang a 5.

Oideachas Soisialta Pearsanta agus Slainte/Social Personal and Health Education.

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Oid.Caidreamh & Gnéasachta

Mé Fein
Mo Chlann
Mothúchain
Sábháilteacht
Mo Chorp ag fás & ag athrú
Ag tabhairt aire do bheatha nua
Ag déanamh cinntí sláintiúla
Cinealacha difriúla cairde
Braistíntí & mothúcháin

Relationships & Sexuality Ed.

Myself
My Family
Feelings
Keeping safe
My body grows & changes
Caring for new life
Making healthy decisions
Different kinds of friends
Feelings & Emotions

Bí Sabhailte

Mothú sabhailte/neamhshabhallte
Bulaíocht
Teagmháil coirp
Scealta ruin/ag déanamh scéala
Strainséiri

Stay Safe

Feeling safe & unsafe
Bullying
Touches
Secrets & Telling
Strangers

Misneach

Mise
Cineálacha cinntí
Casanna priacacha
Alcól
Alcólachas & an Chlann
Fograíocht
Duine den ghasra

Walk Tall

Myself
Types of decisions
Risky situations
Alcohol
Alcoholism & the Family
Advertising
Part of the gang

Le meas _____

Rang a 6

Oideachas Soisialta Pearsanta agus Slainte/Social Personal and Health Education.

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Oid. Caidreamh & Gnéasachta

Mise & Mo Bharrmhianta
Cineálacha Grá
Teaghlaigh
Sábháilteacht & Slainte
Mothúchán
Ag Fás & ag Athrú
Caidreamh & Beatha Nua
Is Míorúilt é Babaí
Roghanna & Cinnteoireacht

Relationships & Sexuality Ed.

Me & My Aspirations
Different Kinds of Love
Families
Keeping Safe & Healthy
Feelings & Emotions
Growing & Changing
Relationships & New Life
A Baby is a Miracle
Choices & Decision Making

An Clár Bí Sábháilte

Mothú na Sábháilteacha & na Contúirte
Bulaíocht
Teagmháil Coirp
Scéalta Rúin/Ag Déanamh Scéala
Strainséiri

Stay Safe Programme

Safe/Unsafe Feelings
Bullying
Touches
Telling
Strangers

Clár Oideachas Shóisialta, Phearsanta & Slainte.

Bealaí chun Feiceáil
Mothúchán
Cinnteoireacht
Caitheamh Tobac
Drugái
Ag féachaint siar, ag féachaint romhainn

Social, Personal & Health Ed.

The way we see
Feelings
Decision-making
Smoking
Drugs
Looking back, looking ahead.

Siniú:

Rang a 6

Oideachas Soisialta Pearsanta agus Slainte/Social Personal and Health Education.

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Mise & Mo Bharrmhianta
Cineálacha Grá
Teaghlaigh
Sábháilteach & Slainte
Mothúchán
Ag Fás & ag Athrú
Caidreamh & Beatha Nua
Is Míorúilt é Babaí
Roghanna & Cinnteoireacht

Relationships & Sexuality Ed.

Me & My Aspirations
Different Kinds of Love
Families
Keeping Safe & Healthy
Feelings & Emotions
Growing & Changing
Relationships & New Life
A Baby is a Miracle
Choices & Decision Making

An Clár Bí Sábháilte

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Bulaíocht
Teagmháil Coirp
Scéalta Rúin/Ag Déanamh Scéala
Strainséiri

Stay Safe Programme

Safe/Unsafe Feelings
Bullying
Touches
Telling
Strangers

Clár Oideachas Shóisialta, Phearsanta & Slainte.

Bealáí chun Feiceáil
Mothúchán
Cinnteoireacht
Caitheamh Tobac
Drugáí
Ag féachaint siar, ag féachaint romhainn

Social, Personal & Health Ed.

The way we see
Feelings
Decision-making
Smoking
Drugs
Looking back, looking ahead.

Siniú: