"Whatever you do, work at it with all your heart"

Colossians 3:23



Me & My Relationships

Year 4

Autumn 2



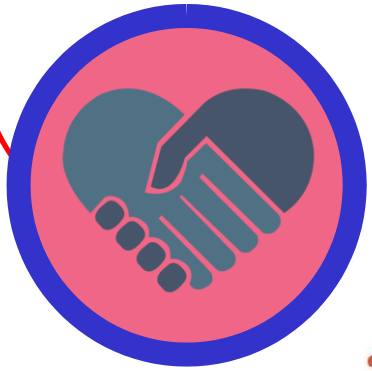




Key Knowledge

To know that

- Successful qualities of teamwork and collaboration include listening and working together.
- There are times when you might need to say 'no' to a friend.
- There are different strategies to respond to being bullied.
- A 'positive, healthy relationship' is one that makes people happy and feel good
- Other people have qualities I can admire.
- 'Good' and 'not so good' feelings can affect our physical state.
- Different words can express the intensity of feelings.
- You can feel a wide range of feelings.
- Different people can have different feelings in the same situation.
- Feelings can be linked to physical state.
- Pressure to behave in an unhealthy, unacceptable or risky way might come from lots of different places such as peer groups or even family members.









Rights and Responsibilities



Key Vocabulary:

Collaboration: Working together with others to get something done.

Teamwork: Helping each other and sharing ideas to reach a goal as a group.

Positive, healthy relationship: A friendship or connection where people are kind, caring, and treat each other well.

Respect: Treating people how you want to be treated and listening to others.

Responsibilities: Things you are expected to do or take care of.

Qualities: The good things about someone, like being kind or helpful.

Excluded: Left out or not allowed to join in.

Assertive: Speaking up for yourself in a calm and respectful way.

Aggressive: Acting in a way that is mean, loud or hurtful to others.

Negotiate: Talking and listening to find a fair solution that works for everyone.

Friendly: Being kind, caring, and easy to talk to.

Rude: Saying or doing things that hurt others' feelings or show bad manners.

Face-to-face: Talking to someone in person, not through a screen or phone.

Compromise: Everyone gives a little to find a solution that works for the group.

Physical Effects: Changes in your body, like feeling tired, shaky, or having a fast heartbeat.

Unkind: Not being nice; saying or doing things that hurt someone.

Tease: Making fun of someone in a way that might upset them.

Bully: Someone who keeps being mean or hurting others on purpose.

Pressure: Feeling pushed to do something, even if you don't want to.

Independent: Doing things by yourself and making your own choices.





