

PSHE – Me and My Relationships

Conflict



Prior Knowledge

Previously, the children have learnt about ways we change and grow as we get older. They have learnt about feelings and how we cope with things. They know that we have rules in the classroom, school and forest school

How are you feeling?



How could we change the way we or someone else is feeling?



My Component Knowledge:

Lesson 1: I can contribute to making our classroom rules and understand that rules help everyone to learn and be safe.

Lesson 2: I can recognise how others might be feeling by reading body language/facial expressions.

Lesson 3: To identify a range of feelings and suggest strategies for someone experiencing 'not so good' feelings to manage these.

Lesson 4: I can recognise that people's bodies and feelings can be hurt and suggest ways of dealing with different kinds of hurt.

Lesson 5: I can recognise we belong to various groups and communities such as our families and we can all help each other.

Lesson 6: I can identify simple qualities of friendship and suggest simple strategies for making up.

My Composite Knowledge:

I know I experience a range of feelings and so do other people. I know I can change these feelings and some ways I can do this. I know the people I can trust and the benefits of being part of a variety of communities.

My Powerful Knowledge:

I know that I am responsible for being the best I can be. I know, in order to do this, I should respect and appreciate people's feelings and the importance of helping others.

Key Vocabulary

Tier 1: Feelings, different, same, naughty, rules, angry, happy, sad

Tier 2: Emotions, differences, similarities, behaviour, comfortable, uncomfortable, nervous, worried

Tier 3: Responsibilities, facial expressions, valuing, recognise, heal, attention, distraction

Why are rules important?



What is a good friendship?

Life is better with friends :)

