

Autumn 1– Year 3 & 4 Me & My Relationships Knowledge Organiser

Golden Threads

Safety
Caring
Achievement
Resilience
Friendship



What should I already know?

- ◆ That people have different ways of expressing their feelings
- ◆ Different ways to respond to the feelings of others.
- ◆ The differences between bullying, unkind behaviour or teasing.
- ◆ Strategies to deal with unkind behaviour, conflict and where to get help if they are upset.
- ◆ How to recognise a healthy friendship and its qualities.

Key Questions

Cooperation

Can people disagree and still be friends?
Do people need to accept the views of others? Why?
How can arguments and disputes be settled?

Friendships

What do I do to be a good friend?
How can I make up with a friend if we have fallen out?
What different ideas can I suggest to friends who have fallen out?

How can I help others to sort out their argument?

Recognising Feelings

Can you tell how someone is feeling by looking at them? How?

What is body language?

What body language tells you that a person is worried? How?

Are all feelings shown by body language?

Bullying

What is the difference between bullying and teasing?
What can someone do to help themselves if someone upsets them or is bullying them?

How can you help someone else who is upset?
Can you help someone who is being bullied? How?

Assertive Skills

What is being assertive?
Are there different ways to be assertive? How?
When would someone need to be assertive? Why?

	Key Vocabulary
alone	by yourself
apologise	say sorry
body language	when people show how they are feeling through facial expressions or movements of their body
bullying	when one person hurts, harms or is mean to another person over and over again.
collaborate	work together
compromise	to settle for less than you really wanted
delighted	very pleased and happy
disagree	if you disagree with someone, you have a different opinion or view from them.
disputes	arguments
emotions	strong feelings
excluded	left out
falling out	to disagree and quarrel with someone
friendship	the state of being friends with someone
ignore	If you ignore someone or something, you do not take any notice of them.
listening	to pay attention to what someone is saying.
opinion	a belief or view
persuade	to make someone do something or believe something by giving them good reasons.
pressure	when someone tries to persuade or force you to do something
respect	to treat someone like you would like to be treated
responsibility	to take charge of something or admit you did it
teasing	to deliberately make fun of someone
worried	feel anxious about a problem or about something that might happen