

PSHE Year 4 Summer 1 – Relationships



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- recognise situations which can cause jealousy in relationships
- identify someone I love and can express why they are special to me
- tell you about someone I know that I no longer see • I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends
- understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older
- know how to show love and appreciation to the people and animals who are special to me

Social and emotional skills

I will:

- identify feelings associated with jealousy and suggest strategies to problem-solve when this happens
- know how most people feel when they lose someone or something they love
- understand that we can remember people even if we no longer see them • I know how to stand up for myself and how to negotiate and compromise
- understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/girlfriend
- love and be loved

Key vocabulary

Anger, appreciation, attraction, betrayal, boyfriend, care, close, comfortable, compromise, conflict, critical thinking, emotions, empathy, envy, friendships, girlfriend, jealousy, lonely / loneliness, loss, love, loyalty, manage, memories, memento, negotiate, negative, personal, positive, pressure, problem-solve, reality, relationship, remember, souvenir, special, support, symbol, trust, vulnerable

Big Question:

How could you manage your feelings when missing a special person?

The zones of regulation



By the end of this topic...

I can recognise how people are feeling when they miss a special person or animal.

I can give ways that might help me manage my feelings when missing a special person or animal.

Mindmate Monday lesson

MindMate

Year 4 Summer 1 Being the same being different

Lesson focus: Know actions affect themselves and others I know that discrimination can hurt people's feelings

Pupils should have the opportunity to... understand what discrimination is I know about stereotypes I know the connection between discrimination and uncomfortable feelings.

To recognise different forms of discrimination I have some helpful strategies I can use to support someone who is being discriminated against