



Welton Primary School – PSHE Knowledge Organiser

Year: 4

Summer 1

Relationships



PSHE Puzzle Piece Vocabulary

Acceptance	Agreeing to receive or do something.
Anger	A strong feeling of being annoyed or displeased
Appreciation	Recognising the full worth of someone or something.
Attraction	A strong feeling of liking someone or something
Betrayal	To break someone's trust.
Compromise	To agree to something by making concessions.
Denial	Denying something of saying that it isn't true.
Depression	A strong feeling of misery and unhappiness.
Despair	A complete loss of hope.
Disbelief	Unable to accept that something is true or real.
Emotions	Your feelings about your situation or other people.
Empathy	To understand and share the feelings of others.
Guilt	A feeling of having done something wrong.
Hopelessness	The state of being without hope.
Jealousy	Unhappiness caused by not having what others have.
Loyalty	To strongly support somebody or something.
Memento	Something to keep as a reminder of someone.
Memorial	A structure built to remind people of something.
Negotiate	To find a way of moving through a situation.
Numb	Not being able to feel anything.
Pressure	To persuade somebody.
Relief	A feeling of reassurance.
Shock	A sudden and surprising or upsetting experience.
Special	Something, or someone, that is better than normal.
Souvenir	Something kept as a reminder of a place or event.
Strategy	A plan of action used to achieve goals or aims.
Symbol	Something that is used to represent something else.



Jealousy

I know that jealousy is a common emotion which can be harmful in relationships and lead to other negative feelings like anger and anxiety. I can recognise the types of situation where jealousy might occur and give my own examples. I can think of strategies I can use to manage jealousy and stop it leading to an unhelpful situation.



Loss

I can tell you who I love and why I love them. I can explain how I feel when I lose someone/something I love. I can explain what loss means and how it might make me feel. I know that my feelings might change with love and loss. I can say who is special to me and explain why



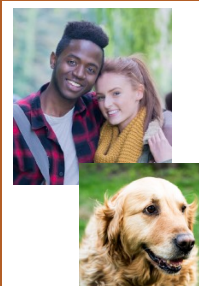
Memories and Mementos

I can explain how we still remember and think of people we don't see anymore. I can explain how I remember people by the objects that I might have. I know that there are reasons why I don't see someone anymore (death, parting, moving, etc.). I can say who I don't see any more that I used to and how this makes me feel.



Friendship Changes

I can explain that friendships have positives and negatives, that they can change or end over time and that this is normal. I can recognise the difference between friendship issues that can be resolved and friendships that need to change or end, and give examples. I can explain the strategies needed in each type of situation, such as how to compromise and negotiate to make a situation better.



Different Types of Relationships

I know that having a boyfriend or girlfriend is different to being friends. I know it is a special relationship between two people that will become more important to me as I get older. I know what is appropriate and inappropriate behaviour in such a relationship. I know that I might have different opinions about these types of relationship to others and that this is OK. I can explain how I show love and appreciation to my family and my pets. I know and can explain how this is reciprocated.

Questions to Support Learning

- Can you tell me about a time when you felt jealous? Did it affect how you behaved?
- Can we tell each other about the people we love?
- Do you miss seeing anyone?
- Who could we make a memory box for?
- Have you ever fallen out with any of your friends? What happened? How did you resolve it?
- Do you have any friends that you fall out with a lot?
- How does Jigsaw Jaz help you learn about friendships?
- Does Calm Me time help you stay calm?

