




Welton Primary School – PSHE Knowledge Organiser

Year: 6 Summer Relationships




PSHE Puzzle Piece Vocabulary

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| Abuse | To make something or to treat someone cruelly. |
| Acceptance | Agreeing to receive or do something. |
| Anxiety | The feeling of being worried, anxious or nervous. |
| Ashamed | To feel embarrassed or guilty about an action. |
| Assertiveness | Confident and forceful behaviour. |
| Authority | A person or organisation on charge of something. |
| Bereavement | The death or loss of a loved one. |
| Bullying | Trying to harm or intimidate another person. |
| Communication | Exchanging information. |
| Coping strategies | Strategies to help you do something effectively. |
| Cyberbullying | Trying to harm or intimidate another person using electronic communication. |
| Denial | Denying something or saying that it isn't true. |
| Despair | A complete loss of hope. |
| Emotions | Our feelings about your situation or other people. |
| Grief | A strong feeling of sadness caused by loss. |
| Influences | Things that affect someone or something. |
| Judgement | The ability to reach a sensible decision. |
| Mental health | Wellbeing to do with how someone copes with life. |
| Self-control | A person's ability to control their emotions / actions. |
| Self-harm | Causing deliberate harm to yourself. |
| Stigma | Disapproval of someone based on their character. |
| Strategies | Plans of action used to achieve goals or aims |
| Stress | Mental or emotional pressure or tension. |
| Warning | Advice given to make people cautious. |




Own Mental Health

I know what mental health is and understand it is different to having a mental health 'problem'. I understand that mental health is connected to having balance and that too many challenges can cause an imbalance. I know that challenges are a normal part of life and not simply indicators of poor mental health and can think of strategies to help recreate balance in a person's mental health.




Caring for my own mental health

I can think of positive connections between myself and other people in my life. I remember that challenges are a normal part of life and that life can become imbalanced by certain situations. I can identify clues in mine and others' behaviour that show their mental health is not balanced. I can suggest strategies to restore a balanced state of mental health and break cycles of negativity.




Stages of Grief

I know that loss and change is a normal part of life. I can identify situations that are difficult to cope with and know that these can be different for everyone. I know that grief is one of the biggest challenges in life and that it often starts with feelings of loss and change. I can identify different stages of grief and the feelings connected to them. I know that everyone experiences grief differently.



Control and Power

I can explain what control and power means and how this might be shown. I can explain how this can be used over people and the impact it can have on them. I know the different ways of standing up for myself and others and the impact that this will have.



Online Safety

I know that the Internet is always expanding and cannot be properly policed to keep everyone safe. I know that most people use the Internet safely, but some use it to harm others. I can identify whether something on the Internet is safe because of how true it is and that everyone is responsible for what they do online. I can suggest strategies to deal with negative online pressures and influences.

Questions to Support Learning

- What is mindfulness?
- What tips can you give me for taking care of my own mental health?
- What is the grief cycle? Do you have any tips for dealing with grief?
- Who do you talk to online? What would you do if they said something that you didn't like?
- How do you know if a website is genuine?

