

Welton Primary School — PSHE Knowledge Organiser

Summer

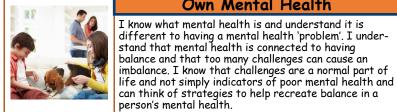
Relationships



PSHE Puzzle Piece Vocabulary

Year: 6

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.





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.

Own Mental Health

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?

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- 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?

