

# PSHE Knowledge Organiser



PSHE Strand/ Year Group

Year 4 - Relationships

## Overview

Learning in this year group starts focussing on the emotional aspects of relationships and friendships. With this in mind, children explore jealousy and loss/ bereavement. They identify the emotions associated with these relationship changes, the possible reasons for the change and strategies for coping with these changes. The children learn that change is natural in relationships and they will experience (or may have already experienced) some of these changes. Children revisit skills of negotiation particularly to help manage a change in relationship. They also learn that sometimes it is better if relationships end, especially if they are causing negative feelings or they are unsafe. Children are taught that relationship endings can be amicable.

## Knowledge

- Know some reasons why people feel jealousy
- Know that jealousy can be damaging to relationships.
- Know that loss is a normal part of relationships.
- Know that negative feelings are a normal part of loss.
- Know that memories can support us when we lose a special person or animal.
- Know that change is a natural part of relationships/ friendship
- Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe.

## Key Vocabulary

relationship	loss
close	empathy
jealousy	disbelief
emotions	guilt
positive	negative
sadness	pain
despair	hope
memorial	compromise
amicable	trust
acceptance	negotiate

## Social and Emotional Skills

- Can identify feelings and emotions that accompany jealousy.
- Can suggest positive strategies for managing jealousy.
- Can identify people who are special to them and express why.
- Can identify the feelings and emotions that accompany loss.
- Can suggest strategies for managing loss.
- Can tell you about someone they no longer see.
- Can suggest ways to manage relationship changes including how to negotiate.

