

PSHE Knowledge Organiser



PSHE Strand/ Year Group

Relationships - Reception

Overview

The children are introduced to key relationships in their lives. They learn about families and the different roles people can have in a family. They explore the friendships they have and what makes a good friend. They are introduced to simple strategies they can use to mend friendships. The children also learn about Calm Me time and how they can use this when feeling upset or angry.

Knowledge

- Know what a family is
- Know that different people in a family have different responsibilities (jobs)
- Know some of the characteristics of a healthy and safe friendship
- Know that friends sometimes fall out
- Know some ways to mend a friendship
- Know that unkind words can never be taken back and they can hurt
- Know how to use Calm Me time to help when feeling angry
- Know some reasons why others get angry

Key Vocabulary

Lonely	Being alone when you do not want to be
Argue	A discussion when people disagree
Relationships	A connection between people
Family	Usually a group of people who live together
Jobs	
Friends	
Fall-out	
Words	
Feelings	
Upset	
Calm	

Social and Emotional Skills

- Can identify which jobs they do in their family and those carried out by parents/ carers and siblings
- Can suggest ways to make a friend or help someone who is lonely
- Can use different ways to mend a friendship
- Can recognise what being angry feels like
- Can use Calm Me time when angry or upset

