

Year 1 – Me & My Relationships

Knowledge Organiser



Overview and Recap

Me and My Relationships

We are learning about ourselves ('Me') and how we get along with other people (Relationships).

You should already know that: We are all special. We have some things that make us similar to other people, and some things that make us different to other people.

It is nice for us to spend time with other people. Sometimes, we also like to be alone.

-We have many different feelings, e.g. happy, sad, excited, disappointed and angry.

-There are ways that we can help ourselves feel better. Sometimes, other people can also help us to feel better too. Different people can help us at different times.

Healthy Relationships

Special People

-Special people are the people who are important in our lives.

-Special people may help us or take care of us. We don't always get along with the special people in our lives, but this does not mean that we don't care about each other!

Surprises and Secrets

-A surprise is when something happens that someone wasn't expecting.
-A secret is when someone tells us not to tell about something. Unlike happy surprises, secrets can sometimes be bad. Our bodies can tell us when something isn't right (e.g. feeling sick, going red).

Unkindness, Teasing and Bullying

-Unkind: When someone says something that is not nice, but they do this only once.

-Tease: When someone makes fun of or jokes about someone but only once.

-Bully: When someone is repeatedly unkind or hurtful to another person.

Listening and Touching

-Listening: To build good friendships, listen carefully to others.

Touching: Follow PANTS - P = Privates are private, A = Always remember, your body is yours, N = No means no, T = Talk about secrets, S = Speak up, someone can help

Being Kind

Recipe for Being A Good Friend

In order to be a good friend, we should always try to:

- Share -Take turns -Be kind
- Listen -Play together -Say sorry -Shake hands -Have a hug
- Do nice things for each other

We should expect the same from our friends, too.

Rules

-We have rules in place to keep places and things happy and safe for everybody.

-You should be able to think about rules in school or at home and understand why they are in place.

Feelings and Emotions

Thinking about Feelings

-We can experience lots of different feelings. Often, we can tell how someone is feeling from things like their facial expression and body language.

-We should be able to explain how we feel and why, e.g. 'I feel _____ because _____.'

-We may have different feelings in different feelings in different places, e.g. at school, at home, or in the park.

-It is ok and natural to have any feeling. We can talk about our feelings to people that we trust, e.g. trusted adults – parents/teachers, or our friends.

Feelings and Bodies

-We can feel things in our bodies and in our minds.

-There are different ways that we can be hurt. We can hurt our bodies (e.g. scratch our knee) and we can hurt our feelings in our mind, (e.g. feel sad).

-People can hurt each other's feelings, e.g. by making fun of them or leaving them out.

-There are different ways that we can get help if we hurt our body (e.g. first aid room) or our feelings in our mind (e.g. trusted adults or friends.)

Key Vocabulary

Happy
Safe
Caring
Friendly
Feelings
Behaviour support
Teasing
Bullying
Friendship
Help
Hurt
Responsibility

Key Resources



Skills

Feelings	I can name some different feelings. I can think of a way of dealing with 'not so good' feelings.	I can name a variety of different feelings and explain how these might make me behave. I can think of some different ways of dealing with 'not so good' feelings.	I can give a wide range of examples of how to deal with some of the 'not so good' feelings and how to help others to do this.
Getting help	I know that I can ask for help.	I know when I need help and who to go to for help.	I know the signs of needing help and can identify a range of adults that I can turn to, when needed.
Classroom rules	I can tell you a classroom rule.	I can tell you some different classroom rules.	I can tell you a range of classroom rules and explain why we have them.