

# Year 2 – Me & My Relationships

## Knowledge Organiser



Overview and Recap	Healthy Relationships	Being Kind
<p><b>Me and My Relationships</b></p> <p><b>We are learning about ourselves ('Me') and how we get along with other people (Relationships).</b></p> <p>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.</p> <p>It is nice for us to spend time with other people. Sometimes, we also like to be alone.</p> <p>-We have many different feelings, e.g. happy, sad, excited, disappointed and angry.</p> <p>-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.</p>	<p><b>Feeling Safe</b></p> <p>-Feeling safe is when we do not feel scared or in danger.</p> <p>-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!</p> <p><b>Surprises and Secrets</b></p> <p>-A surprise is when something happens that someone wasn't expecting. A secret is when someone tells us not to tell something. Secrets can sometimes be bad. We don't have to keep secrets if they make us feel uncomfortable. Our bodies can tell us when secrets are bad (e.g. feeling sick, going red).</p> <p><b>Bullying</b></p> <p>Bullying is when someone is repeatedly unkind or hurtful to another person. There are different types of bullying:</p> <ol style="list-style-type: none"> <li>1. Calling names/ saying hurtful things;</li> <li>2. Hurting by hitting, punching, kicking, etc;</li> <li>3. Leaving someone out of something;</li> <li>4. Sending hurtful messages on technology.</li> </ol> <p><b>Appropriate Touching</b></p> <p>-We should understand that some touching is not ok. 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.</p>	<p><b>Helping Others</b></p> <p>-We all feel sad sometimes. There are lots of different reasons why someone may feel sad (e.g. nobody wants to play with them, they have lost something, etc).</p> <p>-When others are sad, we can help them to feel better through our words and actions.</p> <p>We could:</p> <ul style="list-style-type: none"> <li>-talk to them</li> <li>-help them</li> <li>-tell a grown up about their problem</li> <li>-cheer them up by playing with them</li> </ul> <p><b>Acts of Kindness</b></p> <p>-Kindness is the act of being generous, friendly and considerate.</p> <p>-We can say kind things to others: e.g. 'I like your hair'... 'you are good at...'</p> <p>We can also be kind in our actions to others, e.g. Holding a door open or helping someone to carry something.</p>

Feelings and Emotions	Key Vocabulary	Key Resources
<p><b>Thinking about Feelings</b></p> <p>-Our inner feelings are also known as our emotions. There are many different emotions that we can feel, e.g. happy, confused, scared or angry.</p> <p>-There are often different synonyms for emotions, sometimes with slightly different meanings, e.g. 'glad' and 'ecstatic.' We should use the most accurate words to describe emotions.</p> <p>-Our emotions can often be seen through our facial expressions and our body language.</p> <p>-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.</p> <p><b>Affecting Feelings</b></p> <p>-The way that we behave can affect the way that others feel.</p> <p>-For example, if we are kind to someone, we can make them feel happy. We may even cheer them up if they were feeling sad!</p> <p>-We can also affect our own feelings by thinking about what is causing them. We can then act on this information to help us to stay in control of our emotions!</p> <p>-For example, 'I am feeling grumpy because I am tired. I need to have a nap!'</p>	<p>Happy Safe Caring Friendly Feeling Teasing Bullying Repeated Regular Friendship help</p>	

Skills			
<b>Bullying and teasing</b>	I can tell you the difference between bullying and teasing and can give an example of each.	I can tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me.	I can tell you some ways that I can help someone else who is being bullied, if this happens.
<b>Our school rules about bullying</b>	I can give examples of things that help our classroom to be happy and friendly, including a rule about bullying.	I can suggest rules that will help to keep us happy and friendly and what will help me keep to these rules. I can also tell you about some classroom rules we have made together.	I can give examples of when I've had to think about a rule and stick to it - and how I've helped other people in my class to do this. I can explain that most people do not bully and that bullying is not very common. (Understands norms of bullying).
<b>Being a good friend</b>	I can tell you some things that make a good friend.	I can give you lots of ideas about being what makes a good friend and also tell you how I try to be a good friend.	I can give examples of ways that I have tried to help others be good friends to each other.
<b>Feelings/self-regulation</b>	I am learning to express my feelings in a safe, controlled way.	Most of the time I can express my feelings in a safe, controlled way.	Almost always, I can express my feelings in a safe controlled way, and help others to do the same.