

Year 3 – Me & My Relationships

Knowledge Organiser



Overview and Recap	Healthy Relationships	Being Kind
<p>Me and My Relationships</p> <p>We are learning about ourselves ('Me') and how we get along with other people (Relationships).</p> <p>You should already know that: We are all special and unique. We have similarities and differences. We should celebrate this!</p> <p>-There are special people in our lives, who can help us feel happy and safe. We can do kind things for the special people in our lives.</p> <p>-We have many different emotions, e.g. happy, sad. We can affect the emotions of ourselves and others through our thoughts, words and actions.</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>Special Friendships</p> <p>-Friends are special people in our lives. It is important to have healthy friendships. Sometimes, we may even have best friends who we are really close to.</p> <p>-Even best friends can fall out. When this happens: stay calm, apologise, listen, explain how you feel, agree a solution together. This can help to resolve the conflict.</p> <p>Danger and Risk</p> <p>-A danger is a threat to someone in some way e.g stepping out into the road without looking.</p> <p>-A risk is when we can weigh up the danger and make a decision about what to do.</p> <p>-When we are in a risky situation, we should:</p> <p>1. Stop 2. Take a breath 3. Weigh up the consequences 4. Think 5. Think some more! 6. Decide!</p> <p>Bullying</p> <p>Bullying is when someone is repeatedly unkind or hurtful to another person. There are different types of bullying:</p> <p>1. Calling names/ saying hurtful things; 2. Hurting by hitting, punching, kicking, etc; 3. Leaving someone out of something; 4. Sending hurtful messages on technology.</p> <p>-When bullying is taking place, we should challenge it. One way is to tell an adult.</p> <p>Body Space</p> <p>-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>-We all have our own body space, and should learn when somebody wants to be given space. We should always respect this.</p>	<p>Friends and Family</p> <p>-A friend is someone that you share a strong bond with. Friends spend time with each other and know each other well.</p> <p>-Family are people who you are related to – for example mother, father, brother, grandmother, etc.</p> <p>-People can be adopted into new families. This may happen if their family cannot keep them safe.</p> <p>-Sometimes people are fostered – foster families also keep people safe, but this isn't forever, like adoption.</p> <p>-People who love each other can choose to spend their lives together. Sometimes they choose to have a family.</p> <p>Showing Courage</p> <p>-It is ok to think differently to your peers!</p> <p>-It is also ok to let people know that you are uncomfortable with something they are saying or doing.</p> <p>-Doing this confidently and clearly, without being aggressive or confrontational, shows real courage.</p> <p>-We should never hold sad or angry feelings in: speak to a trusted adult.</p>

Feelings and Emotions	Key Vocabulary	Key Resources
<p>Emotions</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>-The way that we behave can affect the emotions of others. We can use different strategies to manage our emotions and the emotions of others</p> <p>Surprises and Secrets</p> <p>-As we learnt in KS1, surprises are when something happens that someone wasn't expecting. A secret is when someone tells us not to tell about something.</p> <p>-Secrets are not always good, and can sometimes be very harmful.</p> <p>-If someone asks you to keep something secret, and you do not feel comfortable about it, you should not do it, especially if the information has the potential to cause harm to someone.</p> <p>-When we have strong negative emotions, we should not try to keep them secret (hidden) as this can make them worse. We should talk to a trusted adult.</p>	<p>Rules Safety Responsibility Care Loss Feelings Friendship Compromise Conflict Dare Persuade Continuum Respectful Courteous Challenging Apologise Make up</p>	<p>Agree</p> <p>Disagree</p> <p>Neither agree or disagree</p> <p>Activity sheet - 1 How can we solve this problem? Scenarios for group drama</p> <p>SCARF Safety, Confidence, Autonomy, Relatedness, Fairness</p> <ol style="list-style-type: none"> 1. A brother and sister are playing football in the back garden. The brother kicks the ball over the fence into the neighbour's garden. It is the sister's ball. He says he won't go and get it because the neighbour always shouts. 2. Amir and Jayden both want to be the captain of the football team at lunchtime. 3. In assembly, David whispers something to Kai who doesn't hear him. When he asks "Pardon?" he gets caught by the teacher and told off. What does he say to David afterwards? 4. Alfie and Kayleigh are at home watching television. Alfie wants to watch one programme and Kayleigh wants to watch another. They have one television. What do they do? 5. At tea time, there is one slice of chocolate cake left. Nadia and Sonia both want it. What do they do?

Skills			
Cooperation	I can sometimes listen to others in my class and accept that we might disagree about something without falling out about it.	I can usually accept the views of others and understand that we don't always agree with each other.	I can find ways of helping others to resolve arguments or disputes.
Friendships	I can tell you some things that I do to try to be a good friend. I can also name one way of making up with a friend if we've fallen out.	I can give you lots of ideas about what I do to be a good friend and tell you some different ideas for how I make up with a friend if we've fallen out.	I can give examples of ways that I have tried to help others who've fallen out with each other to get back to being friends.