

Year 5 – Me & My Relationships

Knowledge Organiser



Overview and Recap

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

You should already know that: We are all unique, and this is something that we should celebrate.

-There are special people in our lives, who can help us feel happy and safe. We have a responsibility to be kind and respectful to the special people in our lives. We should know the features of healthy relationships.

-We have many different emotions. We can affect the emotions of ourselves and others through our thoughts, words and actions. Different people may feel differently about the same thing.

-Sometimes, people who love each other choose to spend their lives together. Some ways of doing this include marriage, living together, or civil partnerships.

Healthy Relationships

Unhealthy Relationships

- Unhealthy relationships are relationships that are not good for one/ more than one person involved.
- In some unhealthy relationships, one person may pressure another or hold power over them.
- If you feel that you are in an unhealthy relationship, you should speak to a trusted adult.

Give and Take

- Friends have a responsibility to be respectful and kind to one another.
- Sometimes, friends do not agree with one another. When this happens, two strategies that they can use are negotiation and compromise.
- Negotiation: Discussion aimed at reaching an agreement.' Compromise: reaching agreement by people giving up something that was wanted.

Collaboration

- Often, we can complete tasks far more quickly and easily with the help of others – teamwork is important.
- Collaboration is the action of working with someone to produce something.
- A number of skills are important when collaborating, e.g. listening, communicating, turn taking, negotiation and compromise.

Being Kind

Sensitivity and Empathy

- Sensitivity is about being quick to pick up on things using our senses, e.g. how others are feeling, using sight/ hearing.
- Empathy is about putting yourself in the shoes of someone else and imagining how they must feel.
- Both sensitivity and empathy are important in helping others and maintaining good relationships.

Qualities of Friendship

High-quality friendships should help to make us feel happy and content. There are many different things that help us to make and keep good friendships. They include:

- Valuing each other's similarities and differences;
- Helping each other to meet their emotional needs (see the examples above);
- Using negotiation and compromise (see left);
- Showing sensitivity and empathy towards one another (see right);
- Making sure that the relationship stays healthy (see unhealthy relationships on the left).

Feelings and Emotions

Emotions are the way that your mind and body react to the world around you.

- Emotions help to make us human. Emotions formed through evolution, to help us to survive.
- We all have emotional needs:

- Having caring people around us;
- Having self-esteem (feeling we are good at some things);
- Feeling as though we are a part of a group;
- Trying new things;
- Having some freedom (choice over the things we do);
- Giving and receiving attention;
- Having some time on our own;
- Feeling safe and secure.

-When our emotional needs are not being met, or we do not find a situation easy, we can use coping strategies to help us deal with the situation in a positive way, e.g. speaking to someone about how we feel.



Communication

- Communication is an important tool for managing our emotions.
- Verbal communication (spoken word) is one of the main ways that we can discuss our emotions, and listen to how other people are feeling.
- The words that we use are not the only way that we communicate how we are feeling – we can also non-verbal communication, e.g.:

- Our voice/ volume;
- Body language;
- Facial expressions;
- Inflections;
- The way that we communicate with others can affect their emotions. The ways that others communicate with us can affect how we feel. How we communicate with others appropriately depends on our relationship with them.

Key Vocabulary

Emotional needs

- Safety
- Security
- Connect
- Self-esteem
- Achievement
- Success
- Assertive
- Pressure
- Influence
- Negotiation
- Conflict
- Resolution
- Insensitive
- Assertive
- Passive
- aggressive

Key Resources

Activity sheet
Conflict and resolution



Conflict	Action	Consequences	Next time, maybe
Conflict 1: Mia and Jade are going on school camp. They both want to share a room with Lily.			
Conflict 2: Jon wants his friend Robert to come to his birthday party but Robert has football practice. It's not an important practice but Robert is worried that if he misses a practice he'll be left out of the team next time.			
Conflict 3: Yasmin and Ella are good friends. They often have sleepovers. Last time Yasmin invited someone else to sleep over from Ella's phone. Ella was really upset and asked Yasmin to laugh and stopped after sending a text. Ella was really mad with Yasmin. Yasmin has invited Ella for another sleepover. Ella doesn't want to go and she made an excuse last time.			

Activity sheet
Our emotional needs



- I need to feel that I am good at some things.
- I need to have friends.
- I need to feel part of a group.
- I need to try new things.
- I need to have some choice over what I do.
- I need to give and receive attention.
- I need some time on my own.
- I need to feel safe and secure.

Skills			
Feelings	I can give examples of our emotional needs.	I can give a range of examples of our emotional needs and explain why they are important.	I can name many of our emotional needs, explain their importance and give examples of how understanding them can help me.
Friendship skills, including compromise	I can give some examples of how to be a good friend.	I can explain why these qualities are important.	I can give examples of these qualities in action and the difference they make.
Assertive skills	I can give an example of how to stand up for myself (be assertive).	I can give a few examples of how to stand up for myself (be assertive) and say when I might need to use assertiveness skills.	I can explain why assertiveness is more effective than other ways of reacting to pressure or influence (i.e. aggressive or passive responses).