

Nursery – Me and My Relationships

What will I learn?

- I will learn about my feelings and how to share them with others.
- I will learn about the important people in my life and how they help and care for me.
- I will learn that everyone is unique and that families can be different.

I can...

- I can talk about my feelings.
- I can name important people who help and care for me.
- I can talk about what makes me special.
- I can recognise that families can be different.
- I can identify someone who can help me if I am worried or upset.

Key Vocabulary

feelings happy sad family friends kind care help special unique safe worried

Key Questions

Feelings

- How am I feeling today?
- How can I share my feelings with others?
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Special People

- Who are the important people in my life?
- How do they help and care for me?

Me and My Family

- What makes me special?
- What am I good at?
- What do I enjoy doing?
- How are families similar and different?

Getting Help

- Who can help me if I am worried or upset?
- How can I help others if they are sad or worried?

Reception – Me and My Relationships

What will I learn?

- I will learn that people can be similar and different.
- I will learn about special people who help and care for me.
- I will learn about different feelings and what can cause them.
- I will learn who I can ask for help if I feel sad, worried or scared.
- I will learn ways to help myself and others when they are upset.

I can...

- I can recognise similarities and differences between people.
- I can name special people who help and care for me.
- I can talk about different feelings and what causes them.
- I can identify trusted adults who can help me.
- I can help a friend who is sad or worried.

Key Vocabulary

feelings happy sad worried scared excited friend family help care kind special
different similar trusted adult safe

Key Questions

Similarities and Differences

- How are we similar and different?
Why is being unique important?

Special People

- Who are the special people in my life?
How do they help me?
How can I help others?

Feelings

- What feelings do we have?
What makes us feel different emotions?
How can we share our feelings?

Getting Help

- Who can help me when I am worried?
What is a trusted adult?
How can I help a friend?

Year 1 – Me and My Relationships

What will I learn?

- I will learn about different feelings and how they can affect the way we behave.
- I will learn ways to manage difficult feelings and understand when I need to ask for help.
- I will learn about friendships, classroom rules and the people who help keep me safe.

I can...

- I can name different feelings and explain how they might make me behave.
- I can suggest ways to manage 'not so good' feelings.
- I can recognise when I need help and who to ask.
- I can listen to others and wait my turn to speak.
- I can explain why classroom rules are important.

Key Vocabulary

Feelings Happy Sad Angry Worried Friend Friendship Family Help Safe Rules
Listen Behaviour Kind Respect

Key Questions

Feelings

- Do we all have the same feelings?
- Why do we have different feelings?
- How do feelings affect our behaviour?
- What can we do when we have 'not so good' feelings?

Getting Help

- When might I need help?
- Who can help me if I am worried or upset?
- How can I ask for help?

Friendships and Rules

- What makes a good friend?
- Why do we have classroom rules?
- How do rules help keep us safe?

Year 2 – Me and My Relationships

What will I learn?

- I will learn about different feelings and how people may express them in different ways.
- I will learn how to manage my feelings safely, respond to the feelings of others and ask for help when I need it.
- I will learn about friendships, bullying, teasing and how to be a good friend.

I can...

- I can recognise that people express their feelings in different ways.
- I can express my feelings in a safe and controlled way.
- I can explain the difference between bullying, teasing and unkind behaviour.
- I can tell someone how I am feeling and ask for help when I need it.
- I can describe the qualities of a good friend.

Key Vocabulary

Feelings, Happy, Friendship, Friendly, Bullying, Bullied, Teasing, Help, Rules, Safe, Care, Kindness, Respect

Key Questions

Feelings and Self-Regulation

- Do we all have the same feelings?
- Why do we have different feelings?
- How do we show our feelings?
- What are safe and healthy ways to manage strong feelings?

Bullying and Teasing

- What is bullying?
- What is teasing?
- How can I help someone who is being bullied?
- Who can help if I am worried or upset?

Friendships and Rules

- What makes a good friend?
- How can I be a good friend?
- How do classroom rules help keep us happy and safe?
- How can we work together to follow our rules?

Year 3 – Me and My Relationships

What will I learn?

- I will learn how to recognise and manage my feelings and emotions.
- I will learn how to work cooperatively with others, listen respectfully and value different opinions.
- I will learn about positive friendships, resolving disagreements and getting help when I need it.

I can...

- I can communicate my feelings and use strategies to manage my emotions.
- I can work collaboratively with others to achieve a shared goal.
- I can listen respectfully and accept that people may have different opinions.
- I can explain why friendships sometimes break down and how they can be repaired.
- I can identify people who can help and support me.

Key Vocabulary

Feelings, Emotions, Friendship, Friends, Family, Special People, Respect, Listening, Opinions, Disagree, Arguments, Disputes, Responsibility, Cooperation, Apologise, Calm

Key Questions

Cooperation

- Can people disagree and still be friends?
- Why is it important to listen to the views of others?
- How can arguments and disputes be resolved?
- How can we work together effectively?

Friendships

- What makes a good friend?
- How can friendships be maintained?
- Why do friends sometimes fall out?
- How can friendships be repaired?
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Feelings and Emotions

- How can feelings help us cope with difficult situations?
- How can we communicate our feelings appropriately?
- What strategies can help us manage strong emotions?
- Who can help us when we need support?

Year 4 – Me and My Relationships

What will I learn?

- I will learn how feelings can change and how to recognise emotions in myself and others.
- I will learn how to build positive relationships, work collaboratively and show respect for others.
- I will learn how to respond to bullying or unkind behaviour and develop assertive communication skills.

I can...

- I can recognise that feelings vary in intensity and may be different for different people.
- I can identify emotions through a person's body language.
- I can explain the difference between teasing and bullying and know where to get help.
- I can say "no" in a calm and controlled way when appropriate.
- I can work collaboratively and show respect for the needs and views of others.

Key Vocabulary

Feelings, Emotions, Body Language, Calm, Confident, Respectful, Respect, Collaborate,

Compromise, Friendship, Bullying, Teasing, Pressure, Assertive, Worried, Scared, Lonely, Excluded

Key Questions

- **Recognising Feelings**
 - Can you tell how someone is feeling by looking at them?
 - What is body language?
 - How can body language help us understand emotions?
 - Are all feelings shown through body language?
- **Bullying**
 - What is the difference between bullying and teasing?
 - What should someone do if they are being bullied?
 - How can we support someone who is upset or being bullied?
 - When should we ask for help?
- **Assertive Skills**
 - What does it mean to be assertive?
 - Why is assertive communication important?
 - When is it appropriate to say no?
 - How can we express our views respectfully?

Year 5 – Me and My Relationships

What will I learn?

- I will learn about emotional needs and how they can change over time.
- I will learn how positive friendships are built through respect, compromise and cooperation.
- I will learn how to be assertive, resolve disagreements and recognise when relationships may be unhealthy or unsafe.

I can...

- I can explain what emotional needs are and why they are important.
- I can identify the qualities of a positive and healthy friendship.
- I can use strategies such as compromise and negotiation to resolve disagreements.
- I can use assertiveness to keep myself happy, healthy and safe.
- I can recognise warning signs that a relationship may be unhealthy or unsafe and know where to seek help.

Key Vocabulary

Emotional Needs, Feelings, Emotions, Friendship, Respect, Compromise, Cooperation, Collaboration, Conflict, Resolution, Negotiation, Assertiveness, Pressure, Body Language, Qualities, Uncomfortable Touching, Unsafe, Unhealthy Relationship, Aggressive, Passive, Abuse

Key Questions

- **Feelings**
 - What are emotional needs?
 - Do we all have the same emotional needs?
 - Why are emotional needs important?
 - How can emotional needs change over time?
- **Friendship Skills, Including Compromise**
 - What qualities make a good friend?
 - How do good friends show these qualities?
 - Why is compromise important in friendships?
 - How can disagreements be resolved positively?
- **Assertive Skills**
 - What does it mean to be assertive?
 - How can assertiveness help keep us safe?
 - When might someone need to stand up for themselves?
 - How can we recognise unhealthy or unsafe relationships?

Year 6 – Me and My Relationships

What will I learn?

- I will learn how to build positive relationships and manage challenges that can arise in friendships.
- I will learn how to use assertiveness, negotiation and compromise to resolve disagreements and stay safe.
- I will learn about peer influence, bystander behaviour, appropriate and inappropriate touch, and where to seek help if I am worried or unsafe.

I can...

- I can explain bystander behaviour and how it can affect a bullying situation.
- I can use negotiation and compromise to resolve disagreements respectfully.
- I can recognise appropriate and inappropriate touch and know where to seek help.
- I can use assertive behaviours to keep myself safe from peer influence or pressure.
- I can work through friendship challenges with respect, understanding and assertiveness.

Key Vocabulary

Assertiveness, Collaboration, Cooperation, Compromise, Negotiation, Respectful, Responsibility, Appropriate, Inappropriate, Safe, Unsafe, Peer Influence, Pressure, Bystander, Active, Passive, Bullying, Community, Culture, Religion, Civil Partnership, Forced Marriage, Illegal

Key Questions

- **Assertiveness**
 - What do bystanders do when someone is being bullied?
 - What is the difference between an active and passive bystander?
 - How can bystanders influence a bullying situation?
 - How can assertiveness help keep us safe?
- **Cooperation**
 - What is compromise?
 - What is negotiation?
 - How can negotiation and compromise help resolve disagreements?
 - Why are these skills important in relationships?
- **Safe and Unsafe Touches**
 - What is appropriate touch?
 - What is inappropriate touch?
 - What types of touch are illegal?
 - How can someone get help if they experience inappropriate or illegal touch?