



Key Vocabulary
 ignored
 delighted
 teasing
 calm
 confident
 feelings
 compromise
 body language
 emotions
 frightened
 excluded
 collaborate
 pressure
 bullying
 joyful
 excited
 respectful
 scared
 alone
 worried
 lonely

PDL Knowledge Organiser		
Year group: 4	Topic link: Me and My Relationships	Golden Thread Building Relationships
<p>Key Questions:</p> <p>Recognising Feelings Can you tell how someone is feeling by looking at them? How? What is body language? What body language tells you that a person is worried? How? Are all feelings shown by body language?</p> <p>Bullying What is the difference between bullying and teasing? What can someone do to help themselves if someone upsets them or is bullying them? How can you help someone else who is upset? Can you help someone who is being bullied? How?</p> <p>Assertive Skills What is being assertive? Are there different ways to be assertive? How? When would someone need to be assertive? Why?</p>		

What key skills will I have by the end of this journey?

I can talk about how feelings change and be different for others.
 I can read different emotions by a persons body language.
 I can say 'no' in a calm and controlled way.
 I can name some qualities or strategies that help team work.
 I am aware of others and their needs when working together
 I can say what to do if I am, or a friend is, hurt or bullied by another person.
 I can recognise the qualities of a healthy relationship.

What key knowledge will I have by the end of this journey?

To know that feelings can vary by intensity, person and change over time.
 To know and understand the qualities of a 'positive, healthy relationship'.
 To know when it's appropriate to say no and how.
 To know the strategies and skills needed for collaborative work.
 To recognise bullying or pressured behaviour.

Links to previous and future learning			
<p>In Year 3</p> <p>I can usually accept the views of others and understand that we don't always agree with each other. 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.</p>	<p>In year 4</p>	<p>In Year 5</p> <p>I can give a range of examples of our emotional needs and explain why they are important. I can explain why these qualities are important. 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.</p>	<p>In year 6</p> <p>I can explain bystander behaviour by giving examples of what bystanders do when someone is being bullied. I can give examples of negotiation and compromise. I can explain what inappropriate touch is and give example.</p>