



### Sticky Knowledge – What I already know

I can describe different emotions and explore how we feel at certain times

I know what can make someone sad and how to help them

I know what the qualities of friendship are

I know people bodies and feelings can be hurt and how to deal with it

I know that friendship is a special kind of relationship and how to care for friends

I recognise, name and understand how to deal with different feelings

### Key Knowledge – What I will know at the end of the unit

- I know there are different types of feelings
- I know how to work as a team
- I know it is important to show respect and compassion to others, even if you disagree
- I know what makes a positive healthy relationship
- I know what being unkind, teasing and bullying means
- I know the characteristics of friendship and what to do when challenges occur

### Key Themes

Cooperation, Friendships, Recognising feelings, Bullying, Assertive skills , Feelings, Friendship skills, including compromise, Assertive skills, Safe/unsafe touches, Assertiveness Cooperation



Key Vocabulary	Definition
Feelings	How we feel inside. <b>Example:</b> Happy, sad, worried, excited.
Physical effects	What happens to our bodies when we have feelings. <b>Example:</b> Heart beating fast, sweaty hands, smiling, crying.
Emotion words	The names we give to different feelings. <b>Example:</b> Joy, anger, fear, love
Collaboration	Working together with others to reach a goal -joining ideas and efforts,
Teamwork	Everyone in a group helping each other and sharing jobs-supporting each other as a group.
Conflict	A problem or disagreement between people.
Point of view	The way someone sees or thinks about something
Unhealthy relationship	When someone is not kind, fair, or respectful in a friendship or family.
Verbal abuse	When someone uses unkind or hurtful words
Physical abuse	When someone hurts another person's body on purpose.

Key Vocabulary	Definition
Uncomfortable touching	When someone touches you in a way that feels wrong, scary, or you don't want.
Unsafe	When something makes you feel in danger or not protected
Unkind	Not being nice to someone; hurting their feelings or leaving them out.
tease	Making fun of someone. Sometimes it's playful, but it can also hurt feelings.
Bully	When someone is unkind to another person again and again on purpose.
Pressure	When someone tries to make you do something you don't want to do.
Independent	Being able to do things by yourself and make your own choices.
Balanced friendship	A friendship where both people share, listen, and care for each other equally.
Respectful	Being kind, polite, and showing you value other people's feelings and ideas.
assertive	speaking up for yourself in a calm and clear way, without being rude.