



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



The Acorn Partnership

Marston Montgomery Primary School
Long Lane C of E Primary School

| Key Vocabulary | Defininition |
|------------------------|--|
| Feelings | How we feel inside. Example: Happy, sad, worried, excited. |
| Physical effects | What happens to our bodies when we have feelings. Example: Heart beating fast, sweaty hands, smiling, crying. |
| Emotion words | The names we give to different feelings. Example: Joy, anger, fear, love |
| Collaboration | Working together with others to reach a goal - <i>joining ideas and efforts,</i> |
| Teamwork | Everyone in a group helping each other and sharing jobs- <i>supporting each other as a group.</i> |
| 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. |