

Knowledge Organiser - Me and My Relationships Term 1 2026 MC

Sticky Knowledge – What I already know

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 friendships and what to do when challenges occur

Key Knowledge - What I will know at the end of the unit

- I know what a dare is
- I know who my special people are and how to maintain a positive relationship
- I know what a positive healthy relationship is
- I know sometimes I will need to be assertive with friends
- I know what collaboration means and how to work collaboratively
- I know what is meant by negotiate and compromise

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

Word	Definition
• Negotiation - talking together to try to reach an agreement. • Compromise - when people each give up a little of what they want so they can agree. • Dare - a challenge to do something, which might sometimes be risky or uncomfortable. • Persuade - to try to convince someone to do or believe something. • Feelings - emotions we experience, such as happiness, sadness, anger or worry. • Friendship - a caring and trusting relationship between friends. • Falling out - having an argument or disagreement with someone. • Making up - becoming friendly again after an argument or disagreement. • Positive - good, helpful or encouraging. • Healthy relationship - a relationship where people feel safe, respected, supported and valued. • Respect - treating others kindly and valuing their feelings, ideas and differences. • Responsibilities - things that you are expected to do or take care of. • Qualities - the characteristics that describe what someone is like, such as being kind or honest.	• excluded - being left out of a group or activity. • Assertive - saying what you think, feel or need clearly and respectfully. • Aggressive - behaving in an angry or forceful way that may upset or hurt others. • Negotiate - to talk with others to try to reach an agreement. • Friendly - behaving in a kind, welcoming and pleasant way. • Rude - behaving or speaking in a way that is unkind or disrespectful. • Consequences - the things that happen as a result of an action or choice. • Face to face - talking to someone in person rather than by phone, message or online. • Respectful - showing care and respect for other people and their feelings. • Collaborate - to work together with others to achieve something. • Assertive = saying what you need clearly and respectfully. • Aggressive = trying to get what you want in a way that may hurt or upset others. • Compromise = both people change what they want a little to reach an agreement. • Negotiate = talking and listening to try to reach an agreement.