



PSHCE

Year 4

Term 1

Theme: Families, Friends and People who care for me

Core Learning Behaviour: Be Responsible and Persevere

Safeguarding Alerts: (add individual children's initials where applicable) - 'MM'

Be aware of:

- children's home circumstances including family set up
- Disclosures regarding on and offline relationships

Mental Health and Wellbeing:

Pupils should know...

- Simple self-care techniques, including the importance of rest, time spent with friends and families and the benefits of hobbies and interests
- Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- Where and how to seek support
- That there is a normal range of emotions and a scale of emotions that all humans experience in relation to different experiences and situations
- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings

Knowledge:

- about the features of positive healthy friendships such as mutual respect, trust and sharing interests
- strategies to build positive friendships
- how to seek support with relationships if they feel lonely or excluded
- how to communicate respectfully with friends when using digital devices
- how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know
- what to do or whom to tell if they are worried about any contact online

Skills:

- be a good friend e.g. kindness, listening, honesty
- identify the different ways that people meet and make friends
- build upon strategies for positive play with friends e.g. joining in, including others
- know what causes arguments between friends
- take positive steps to resolve arguments between friends
- recognise and ask for help when they are feeling lonely or unhappy or to help someone else

Prior Learning:

Reception - Y1 T1 - children learnt that there are special people in our lives at home and at school and people are special for different reasons. People who are important to us can help one another. There are a range of feelings and some are comfortable and some are uncomfortable.

Y2 T1 - chn learnt about conflict resolution and feeling included and excluded.

Y3 T1 - chn learnt about respecting diversity and relationship values.

Vocabulary:

Welcome, included, excluded, values, team, charter, connection, boundaries, respect, appropriate, inappropriate.

Cross Curricular Links:

PE - team games - working cooperatively with others

RE - self respect and respect towards others

Oracy:

Children will be provided with sentence stems to support discussions.

Trio groups: children will use 'true or false' statement cards to support children's learning on what makes a good friend.

Wider Reading

Enrichment

The Invisible String by Patrice Harst
I just ate my friend by Heidi McKinnon

Transition activities
Termly internet safety lesson