

PSHE Units of Learning:

Y1/3/5: Happiness, Positivity and Feeling Special; Emotions, Feelings and Friends; Being Safe and Asking for Help.

Y2/4/6: Families, Friendships and Relationships.

Key knowledge

Maintaining healthy relationships means to sustain a friendship, family or relationship over a period of time with happiness.

Managing feelings and emotions requires an understanding of and recognition for our own emotions, and those of others. It also involves an understanding of what 'normal emotions' are for an individual and supporting them with communicating and managing these.

There are different ways of resolving conflicts: win-lose solution; lose-lose solution and win-win solution

Bonfire night is fun but there are ways of behaving to stay safe with fireworks.

Stereotypes come about through the simplified representation of character, appearances and beliefs. These can be damaging.

Key vocabulary

This is the vocabulary that will help us talk about our learning

stability	something that is consistent, regular and known
security	a feeling of safety
conflict resolution	the process in which two or more parties work toward a solution to a problem or dispute
cooperatively	working together and supporting others
acquaintance	an individual you have met but do not know well
commitment	dedication to something or someone
stereotype	a commonly held public belief about specific social groups or types of individuals

