



RELATIONSHIPS PSHE Knowledge Organiser - Year 4

Important Vocabulary

- **Relationship** - the way in which two or more people or things are connected
- **Jealousy** - feeling or showing an envious resentment of someone or their achievements or possessions
- **Loss** - the process of losing something or someone
- **Bereavement** - the time of being bereaved (when you lose someone close to you through death)
- **Denial** - the act of denying something
- **Guilt** - the feeling of doing something wrong and feeling bad about it
- **Memorial** - something that keeps remembrance alive such as a monument or an event
- **Negotiate** - to come to an agreement that is beneficial for both parties
- **Compromise** - to agree to give up something to meet in the middle with the other person
- **Empathy** - the ability to understand and share the feelings of another person
- **Amicable** - friendly and pleasant (in a relationship both parties can solve problems without quarrelling)

By the end of the unit:

- I will know some reasons why people feel jealousy and how it can be damaging to relationships
- I will know that loss is a normal part of relationships and I can suggest strategies to manage these
- I will understand that negative feelings are a normal part of loss
- I will know that memories can support us when we lose a special person or animal
- I will know that change is a natural part of relationships and friendships
- I will know that sometimes it is better for a friendship or relationship

Activities to try:

- Create a memory box for someone that you may have lost in your life. Collect any mementos that remind you of them or write down memories that you have had with that person.
- Create a friendship bracelet for someone special to you to show your appreciation for them in your life.
- Practice mindful breathing and meditation when negative feelings such as anger, jealousy, sadness, frustration or anxiousness appear. Remember that negative feelings are temporary, learn to acknowledge them, accept that they are there and move on.

Reflective questions:

- Can you reflect on a time when you have felt jealous? Did it affect how you behaved towards the person or situation?
- Have you ever fallen out with any of your friends? What happened and how did you resolve it?
- Do you have any friends that you fall out with a lot?
- How can you stay calm and resolve any conflicts with your friends?

