

PSHE: Relationships

Summer A

Year 4

Unit Learning Intentions

PSHE	Understand that change is a natural part of relationships/friendships.
social and emotional	Identifying emotions associated with jealousy and loss/bereavement,



How does it fit in with our school values?

- Safe
- Honest
- Enthusiastic
- Encouraging
- Respectful
- Hard-Working
- Ambitious
- Tolerant
- Caring
- Happy

Key words	Explanation
disbelief	Something you can't believe.
jealousy	A feeling you have when you want something someone else has.
memento	An object for reminders
memorial	Normally a structure to remind you of someone.
relief	A feeling of relaxation following stress or anxiety.
negotiate	Find a way through
loss	Process of losing something or someone
shock	A sudden upsetting or surprise
numb	No feeling
denial	Not believing something when it is true.
guilt	Feeling when you have done something and you regret it.
despair	Complete loss of hope.
souvenir	A thing that is kept as a reminder.
compromise	An agreement after a disagreement.
empathy	The ability to understand and share feelings of another
betrayal	Going against someone's wishes.
amicable	Getting along with someone even if you disagree with them.

Reflective Questions

- What can you do if you feel jealous?
- Can you suggest ways to negotiate to help a relationship/friendship?
- What strategies can help manage loss/bereavement?