

PSHE – Year 4

Relationships

Learning in this year group starts focussing on the emotional aspects of relationships and friendships. With this in mind, children explore jealousy and loss/ bereavement. They identify the emotions associated with these relationship changes, the possible reasons for the change and strategies for coping with the change. The children learn that change is a natural in relationships and they will experience (or may have already experienced) some of these changes. Children revisit skills of negotiation particularly to help manage a change in a relationship. They also learn that sometimes it is better if relationships end, especially if they are causing negative feelings or they are unsafe. Children are taught that relationship endings can be amicable.

Key vocabulary

Jealousy – resent someone for having what you don't

Disbelief – unable or not willing to believe

Numb – unable to feel anything

Denial – a refusal to give or agree to something

Guilt – feeling unhappy about doing something wrong

Despair – a complete loss of hope

Memento – an object kept as a reminder of someone or something

Negotiate – to bargain or come to an agreement with someone

Compromise – settling by agreeing each side gives or takes

Empathy – to share and understand the emotions and feelings of someone else

Betrayal – to break someone's trust

Amicable – to show kindness and goodwill

Here are some activities you can try at home:

1. Speak to a family member about a topic that is important to you. Do you share the same perspective or feel differently? Why do you think this might be?
2. Find a unique way to show each person in your family that you love and appreciate them

Questions for family learning

- Can you tell me about a time when you felt jealous? Did it affect how you behaved?
- Can we tell each other about the people we love?
- Do you miss seeing anyone?
- Who could we make a memory box for?
- Have you ever fallen out with any of your friends? What happened? How did you resolve it?
- Do you have any friends that you fall out with a lot?