Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 4 – Summer 1
Relationships

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PSHE

Focus Question: How can I build positive, healthy relationships?

Key Vocabulary

jealousy	Upset feelings about what others have.
loss	No longer having someone or something.
memory	Something remembered from the past.
compromise	Both people giving a little to agree.
trust	Believing someone will be reliable.
empathy	Understanding other people's feelings.
attraction	Feeling drawn to another person.

Key Learning

- I can recognise jealousy and find positive ways to manage it.
- I can explain why someone I love is special to me.
- I know memories can help when I no longer see someone.
- I can manage friendship changes and disagreements.
- I understand that romantic relationships are for when I am older.

Relationships in Action



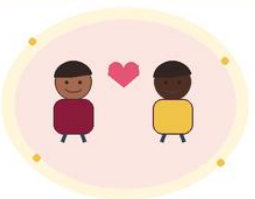
Manage feelings

Jealousy can be difficult; we can choose how to act.



Remember people

Memories and support can help us with loss.



Repair friendships

Listen, negotiate and find a fair compromise.

Remember and Try

- ✓ Talk to someone trusted about jealousy or loss.
- ✓ Keep special memories in a photo or memory box.
- ✓ Respect others' choices and personal boundaries.

End Point

I can manage jealousy, talk about loss and memories, solve friendship difficulties and explain why relationships need trust and respect.