



Year 4—Learning for Life

Me and My relationships



You have already learnt...
How to accept the views of others and understand that we don't always agree with each other.
Give you lots of ideas about what I do to be a good friend and tell you some different ideas for how I make up with a friend if we've fallen out.

Key Knowledge
Give a lot of examples of how I can tell a person is feeling worried just by their body language.
Say what I could do if someone was upsetting me or if I was being bullied.
Explain what being 'assertive' means and give a few examples of ways of being assertive.

Key Skills
collaboration
being assertive

Key vocabulary

apologetic	feeling or showing regret
devastated	extreme sadness or a state of feeling emotionally wrecked
negotiate	working out an agreement so that everyone involved is satisfied
assertive	standing up for ourselves without being rude or mean
independent	thinking or acting on your own and not needing help



apologetic



negotiate



independent

Next year you will learn...
Give a range of examples of our emotional needs and explain why they are important.
Explain why these qualities are important.
Give a few examples of how to stand up for myself (be assertive) and say when I might need to use assertiveness skills.