



Year 4 RSHE



Mental Health and Wellbeing Knowledge Organiser

National Curriculum Expectations:

- Know that healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded.
- Recognise the characteristics of healthy friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity and sharing interests.
- Know about different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help.
- Know that stereotypes can be unfair, negative or destructive and understand the importance of respecting others even when they are different from us.
- Develop practical strategies for respectful relationships, safe help-seeking and speaking up for themselves and others.

Lesson Overview:

- I know the characteristics of healthy friendships
- I know what bullying is and how it affects people
- I know that stereotypes can be unfair
- I know how to challenge bullying safely
- Journey in Love: Social – I know everyone deserves respect
- I can apply what I have learned about healthy, respectful relationships

Prior Learning:

Builds on earlier learning about belonging, friendship, kindness, inclusion, diverse communities and respect. Pupils should already understand that feelings can be affected by how others behave and know that trusted adults can help with worries or unsafe situations.

Vocabulary:

healthy friendship, respect, kindness, trust, honesty, loyalty, boundaries, wellbeing, bullying, repeated, power imbalance, verbal, physical, social/relational, online, bystander, target, stereotype, assumption, fairness, inclusion, diversity, challenge, safe, trusted adult, dignity, empathy



Year 3 RSHE



Me, My Friends and Belonging Knowledge Organiser

National Curriculum Expectations:

- Relationships Education / RSHE coverage: pupils learn the characteristics of healthy friendships, including mutual respect, kindness, trust, support and inclusion
- Understand that healthy friendships contribute positively to wellbeing
- Recognise that people belong to different groups and communities
- Respect differences and similarities between people
- Develop practical strategies for including others and resolving everyday friendship situations.
- The unit also supports Catholic social teaching through dignity, belonging, kindness, respect and care for others.

Lesson Overview:

- I know that belonging helps people feel valued
- I know how friendships contribute to wellbeing
- I know how to include others
- I know that communities are made up of diverse people
- Journey In Love - Social: I know friendships are built on kindness and respect

Prior Learning:

Pupils will have experience of class rules, turn-taking, sharing, identifying feelings, recognising kind and unkind behaviour and working with partners/groups. They may already recognise that people can be similar and different and that everyone should be treated fairly and respectfully

Vocabulary:

belonging, valued, friendship, wellbeing, kindness, respect, trust, support, inclusion, invite, encourage, community, diverse, diversity, similarities, differences, dignity, cooperation, empathy, contribution, responsibility