



# St Andrew's C of E Maghull Knowledge Organiser



## Year 2 - Autumn 1 - PSHE - Me & My Relationships

### Knowledge:

- Some feelings feel good inside and others can feel uncomfortable.
- Smiling can help us feel happier.
- Feeling happy to be ourselves is important.
- There are things we can do if we are feeling unhappy or cross.
- We can tell how someone else is feeling by looking at their face and body language.
- It is important to learn about our feelings and how we can cope with them.
- We are all different and that is something to be celebrated.
- Respect means treating other people and their beliefs with care and understanding.
- Telling a friend what we appreciate about them makes them feel good. This is called a compliment.
- Being kind makes people happier.
- You can never run out of kindness, so don't be afraid to be kind to everyone.
- Kindness is like a boomerang, when we give it, it usually comes back to us.
- Our behaviour can affect other people. It is important to be polite, share and take turns.

### Vocabulary:

**Safe** - Protected from danger

**Responsibility** - being responsible and making good choices

**Emotions** - strong feelings such as love.

**Support** - the act of showing someone that you believe in them

**Behaviour** - the way in which you act

**Friendship** - a relationship between friends

**Heal** - to be free from injury or disease

**Feelings** - another word for emotions

**Making up** - sorting out your differences

**Help** - being useful and giving someone assistance

### Lesson Sequence:

1. I can decide what is positive in my classroom.
2. I can take part in creating and agreeing classroom rules.
3. I can use a range of words to describe feelings and know that people feel differently.
4. I can define 'bullying' and 'teasing' and identify when this happens.
5. I can understand and describe ways to deal with bullying.
6. I can explain the difference between bullying and unkind behaviour and identify examples.
7. I can recognise that friendships are special and identify how to care for my friends.

