

# Knowledge Organiser



## Year 4 - Me and My Relationships

### Key questions

#### Recognising Feelings

Can you tell how someone is feeling by looking at them? How?

What is body language?

What body language tells you that a person is worried? How?

Are all feelings shown by body language?

#### Bullying

What is the difference between bullying and teasing?

What can someone do to help themselves if someone upsets them or is bullying them?

How can you help someone else who is upset?

Can you help someone who is being bullied? How?

#### Assertive Skills

What is being assertive?

Are there different ways to be assertive? How?

When would someone need to be assertive? Why?

### Key vocabulary

ignored delighted teasing  
calm confident feelings  
compromise body language  
emotions frightened excluded  
collaborate pressure  
bullying joyful excited  
respectful scared  
alone worried lonely

### I can ...

I can give a lot of examples of how I can tell a person is feeling worried just by their body language.

I can say what I could do if someone was upsetting me or if I was being bullied.

I can explain what being 'assertive' means and give a few examples of ways of being assertive.