

Knowledge Organiser



Year 5 - Me and My Relationships

Key questions

Feelings

- What are emotional needs?
- Do we have the same emotional needs?
- Do emotional needs stay the same?
- Why are emotional needs important?

Friendship Skills, Including Compromise

- What qualities make a good friend? Why?
- How does a good friend show these qualities?
- Do these qualities make a difference in friendships? How?

Assertive Skills

- How can someone stand up for themselves?
- When would someone use their assertiveness skills?
- Is assertiveness the best way to react to pressure? Why?

Key vocabulary

collaborate aggressive
resolution conflict pressure
emotional needs passive
assertiveness negotiation
unsafe compromise
body language respect
uncomfortable touching qualities
unhealthy relationship

I can ...

I can give a range of examples of our emotional needs and explain why they are important.

I can explain why these qualities are important.

I can give a few examples of how to stand up for myself (be assertive) and say when I might need to use assertiveness skills.