

Me and My Relationships - Y4(Eng)/P5(Sco)

Our Big Question

How can we build healthy relationships and make positive choices?

Emotional Awareness

- How do feelings change?
- How do feelings affect my body?
- Can people feel differently?

Healthy Relationships

- What makes a healthy relationship?
- How can I show respect and kindness?
- How can I help others?

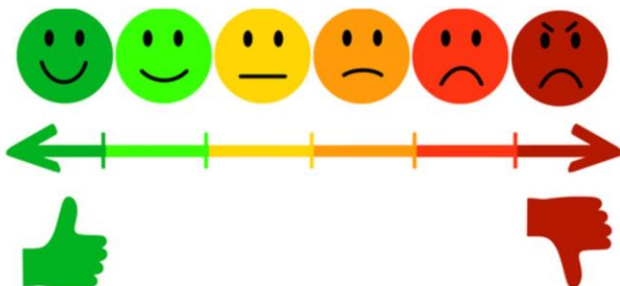
Teamwork & Collaboration

- How can I work well with others?
- How can I include everyone?
- How can I celebrate others' success?

I can...

- I can manage my feelings, be assertive, and say "no" to keep myself safe.
- I can build healthy relationships, show respect, and be an upstander when someone is being unkind.
- I can listen to others, respect different views, communicate clearly, and include everyone.

How do you feel?



How do they feel?



People working together to achieve a shared goal.



Speaking up for yourself in a calm and confident way.



A person who speaks up or does something to help when they see someone being treated unfairly or unkindly.



A relationship where people treat each other with kindness, honesty, and care.



The duties or tasks a person is expected to carry out.



Being left out of an activity, group, or friendship.



Trying to decide what someone else should do, think, or say.



Judging someone unfairly before getting to know them.