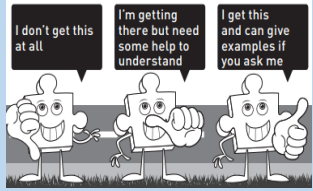
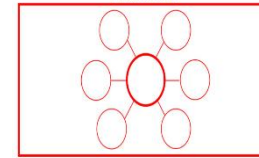


Year 6 PSHE – Relationships																					
What I have learnt already...	Key Vocabulary		Key knowledge																		
<p>* A personality is made up of many different characteristics, qualities and attributes</p> <p>* Belonging to an online community can have positive and negative consequences</p> <p>Know that there are rights and responsibilities in an online community or social network</p> <p>* Too much screen time isn't healthy</p> <p>* Know how to stay safe when using technology to communicate with friends</p>	<table border="1"> <tr> <td data-bbox="584 209 813 320">Stigma</td> <td data-bbox="813 209 1397 320">a strong lack of respect for a person or a group of people because they have done something that society does not approve of</td> </tr> <tr> <td data-bbox="584 320 813 432">Anxiety</td> <td data-bbox="813 320 1397 432">a feeling of unease, such as worry or fear that can be mild or severe. Everyone has feelings of anxiety at some point in their lives.</td> </tr> <tr> <td data-bbox="584 432 813 544">Bereavement</td> <td data-bbox="813 432 1397 544">a period of mourning or a state of intense grief especially following the death of a loved one</td> </tr> <tr> <td data-bbox="584 544 813 624">Acceptance</td> <td data-bbox="813 544 1397 624">general agreement that something is satisfactory or right</td> </tr> <tr> <td data-bbox="584 624 813 735">Coping strategies</td> <td data-bbox="813 624 1397 735">the behaviours, thoughts or emotions that you use to adjust to changes that occur in life. Can be used to manage a crisis situation</td> </tr> <tr> <td data-bbox="584 735 813 807">Assertiveness</td> <td data-bbox="813 735 1397 807">behaving confidently and able to say in a direct way what you want of believe</td> </tr> <tr> <td data-bbox="584 807 813 887">Hopelessness</td> <td data-bbox="813 807 1397 887">a feeling or state of despair; a lack of hope</td> </tr> <tr> <td data-bbox="584 887 813 999">Guilt</td> <td data-bbox="813 887 1397 999">an emotion that we feel if we let ourselves or others down by failing to meet a particular standard</td> </tr> <tr> <td data-bbox="584 999 813 1109">Judgement</td> <td data-bbox="813 999 1397 1109">a decision or opinion about someone or something that you form after thinking carefully</td> </tr> </table>		Stigma	a strong lack of respect for a person or a group of people because they have done something that society does not approve of	Anxiety	a feeling of unease, such as worry or fear that can be mild or severe. Everyone has feelings of anxiety at some point in their lives.	Bereavement	a period of mourning or a state of intense grief especially following the death of a loved one	Acceptance	general agreement that something is satisfactory or right	Coping strategies	the behaviours, thoughts or emotions that you use to adjust to changes that occur in life. Can be used to manage a crisis situation	Assertiveness	behaving confidently and able to say in a direct way what you want of believe	Hopelessness	a feeling or state of despair; a lack of hope	Guilt	an emotion that we feel if we let ourselves or others down by failing to meet a particular standard	Judgement	a decision or opinion about someone or something that you form after thinking carefully	<ul style="list-style-type: none"> ● Know that it is important to take care of their own mental health ● Know ways that they can take care of their own mental health ● Know the stages of grief and that there are different types of loss that cause people to grieve ● Know that sometimes people can try to gain power or control them ● Know some of the dangers of being 'online' ● Know how to use technology safely and positively to communicate with their friends and family
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Questions for Family Learning																					
<ul style="list-style-type: none"> • What are your learning strengths? *What goals have you set at school and at home? • How can family help you achieve your goals? • What do you admire about other people? • Do you have any role models? 	<p>Other words you will come across include: Mental health, Ashamed, Stress, Worried, Signs, Warning, Self-harm, Emotions, Loss, Grief, Denial, Despair, Anger, Power, Control, Authority, Bullying, Script, Assertive, Risks, Pressure, Influences, Self-control, True / untrue, Cyber-bullying, Abuse</p>		<p>Social and Emotional Skills</p> <ul style="list-style-type: none"> ● Recognise that people can get problems with their mental health and this is nothing to be ashamed of ● Know how to help myself and others when worried about a mental health problem ● Recognise when I am feeling grief and have strategies to manage this ● Demonstrate ways I could stand up for myself and friends in situations where others are trying to gain power or control ● Know strategies to resist pressure to do something online that might hurt me or others ● Take responsibility for my own safety and well-being 																		
Assessing each puzzle piece	Year 6 Expectations		<table border="1"> <tr> <td data-bbox="1433 1310 1792 1348">Thinking Skills</td> <td data-bbox="1792 1310 2150 1348">Weekly Celebration</td> </tr> </table>	Thinking Skills	Weekly Celebration																
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I will understand the importance of self-esteem and ways this can be boosted. I will learn that mental health can be damaged by excessive comparison with others. I will reflect upon a variety of positive and negative online/ social media contexts including gaming and social networking. I will know about age -limits and also age-appropriateness. I will know internet safety rules, explore technology use and discuss ways to reduce my own screen time.

DESCRIBING



Bubble Map

Weekly Celebration 4

This week we are celebrating people who
Have a positive attitude

