

Caroline Haslett Primary School

PSHE	Year 5	Dear diary
Knowledge - what I already know	Vocabulary	
<ul style="list-style-type: none"> I know some adults that can help me I know some uncomfortable feelings I know it's important to support each other 	<ul style="list-style-type: none"> Youth club - a place or organisation that provide activities for young people Church - a building used for public worship Doctors - a person who's qualified to treat people who are ill Help-lines - a telephone service providing help with problems Confidentiality - a state of keeping a secret or keeping something private Embarrassed - feeling awkward, self-conscious or ashamed Humiliated - to make someone feel ashamed and foolish by injuring their pride Blushing - to show shyness, embarrassment or shame; becoming red in the face Sarcasm - to use irony to mock or convey contempt Put downs - to make someone feel bad Boost ups - to make someone feel better Self-esteem - confidence in one's own worth or abilities Loss - to process of losing something or someone Empathetic - showing an ability to understand and share the feelings of another Forgiveness - the process of forgiving someone or being forgiven Making amends - to correct a mistake that you've made Resentment - to feel bitter Grief - intense sadness caused by losing someone Mistakes - something done wrong Support - to give assistance to 	
Knowledge - what I will know by the end of this unit		
<ul style="list-style-type: none"> To know where to go for help To know some ways of managing uncomfortable feelings To understand the impact of boost up and put downs To understand that sometimes friendships end To recognise the relevance of forgiveness To recognise ways of supporting each other 		
Activities		
<ul style="list-style-type: none"> What are some problems that you might need help with? Who could help you in our community? Class activity to share ideas. What are some things that make us feel embarrassed or humiliated? Role play supporting people in embarrassing situations Role play giving boost ups and put downs. What's the impact of them both? Why do some friendships come to an end? Role play different situations that we lose friends. How can we avoid hurting feelings? Discussion: Is it ok to be angry at someone forever? Why is forgiveness important? Why is self-forgiveness important? Circle time: Discuss our worries, how can we help each other? 		
Skills		
<ul style="list-style-type: none"> Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues Identify and respect differences and similarities between people Recognise choices they can make and recognise the difference between right and wrong. Recognise the effect of their behaviour on other people, and cooperate with others Understands where to go for help in the community Understands how to manage uncomfortable feelings and how to support those in uncomfortable situations Recognises the impact of boost ups and put downs Understands why friendships end and how we can avoid hurting feelings Understands the importance of forgiveness Recognises ways to support each other when we're worried 		