Knowledge Organiser – Me and My Relationships Term 1 2026 GC

Sticky Knowledge – What I already know

- I know about similarities and differences
- I know what special means
- I know about different feelings and who I can talk to about my feelings
- I know there are different feelings and people express these differently
- I know what a positive classroom looks and feels like

Key Knowledge – What I will know at the end of the unit

- I know who my special people are
- I know who can help me if I'm feeling unsafe or unhappy
- I know there are different feelings and these can affect how I behave
- I know that attentive listening is important
- I know the difference between bullying and unkind behaviour
- I know some strategies for dealing with bullying

Key Themes

Classroom rules. Getting help., Feelings, Feelings/ self-regulation, Being a good friend, Bullying and teasing, Our school rules about bullying



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Word	Definition

- **Family** – people who love and care for you.
- **Help** – to do something to make things easier for someone.
- **Special people** – people who are important to you.
- **Same** – alike or matching.
- **Different** – not the same.
- **Friends** – people you like and enjoy being with.
- **Feelings** – how you feel inside, like happy, sad or cross.
- **Behaviour** – the way we act.
- **Listening** – paying attention to what someone is saying.
- **Bullying** – when someone is unkind to another person **again and again**.
- **Repeated** – something that happens again and again.
- **"Don't do that"** – words we can use to tell someone to stop doing something we do not like.