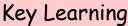
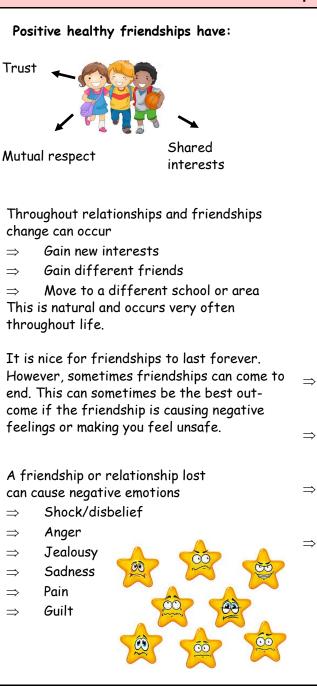
## Year 4: Relationships





Jealousy can come from feelings of low self-esteem or lack of confidence. And when someone is unhappy about themselves, feels anxious and insecure, this can lead to feelings of jealousy and being out of control. Jealousy can be damaging to relationships.



Friendships can change over time and there are benefits of having new and different types of friends such as:

- Boost your happiness
  - Learn new things together Improve your confidence

Sometimes you can lose someone you have a strong relationship with.

- Throughout life friends can drift apart and a relationship is lost.
- Both situations can create negative feelings and this is completely normal.
- When you lose someone special to you, using your memory to remember special and fun times you shared can help support your mood.



| Key Vocabulary   |  |
|------------------|--|
| Jealousy         | Jealousy is an emotion; when you feel, fear, concern or envy over lack of possessions, status or something of great personal value. This can often cause damage to relationships |
| emotions         | An emotion is a person's inner feeling   |
| Loss             | losing or being separated from someone or something.   |
| denial           | When someone denies something has happened or is happening although they know it is true   |
| Hope and despair | Hope is to want or believe something can happen. Despair is the feeling of not having any hope.  |
| Empathy          | Empathy is the ability to share someone else's feelings or experiences by imagining what it would be like to be in that person's situation.                                      |
| Betrayal         | an act of deliberate disloyalty  |
| Amicable         | Showing kindness and good will.  |