

Year 4: Relationships

Key Learning

Positive healthy friendships have:

Trust



Mutual respect

Shared interests

Throughout relationships and friendships change can occur

- ⇒ Gain new interests
 - ⇒ Gain different friends
 - ⇒ Move to a different school or area
- This is natural and occurs very often throughout life.

It is nice for friendships to last forever. However, sometimes friendships can come to end. This can sometimes be the best outcome if the friendship is causing negative feelings or making you feel unsafe.

A friendship or relationship lost can cause negative emotions

- ⇒ Shock/disbelief
- ⇒ Anger
- ⇒ Jealousy
- ⇒ Sadness
- ⇒ Pain
- ⇒ Guilt



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.