

Year 1 - Families and relationships

Behaviour	The way that somebody acts around other people.
Care	Looking after someone or something.
Emotions	The range of feelings that someone can have, such as happiness or anger.
Growth mindset	Understanding that you can keep learning new things if you never give up.
Feelings	Emotions that a person can have.
Friend	Someone you like and enjoy spending time with.
Friendly	Being nice or kind to someone.
Problem	A difficult situation.
Stereotype	A view or an idea about something or someone which is often untrue.

Key facts

Families can be made up of different people.



Friends are people we like and want to spend time with.



Friends sometimes fall out but we can overcome problems.

We can help others when they are feeling sad.



Being friendly is important even if we are not friends with someone.

BOY **GIRL**

People can have stereotyped ideas about boys and girls.

We all experience different feelings and emotions.



Getting help

Talk to an adult you trust either at school or at home.



KNOWLEDGE ORGANISER: PSHE Family and Relationships Year 1 Block 1