

# PSHE KNOWLEDGE ORGANISER

PSHE is learning to manage our feelings and our health.

## Key Vocabulary

trusted  
faithful  
loyal  
play fair  
share  
thoughtful  
empathy  
friendship  
relationship  
excluded  
resolve

## Key Facts

A good friend will share, be kind, show respect and listen to you.

Most fall outs are caused people seeing things differently.

When you tell someone something that is upsetting you, you feel a lot better.

You can never have enough friends.

People make mistakes and should always be given another chance when it comes to friendships.

## Lesson by Lesson

1. Identifying who is special to us and how we know what makes a good friend.
2. Demonstrate what makes a good friend.
3. Recognise when someone is feeling lonely and how to help them
4. Learn about who can help with friendships
5. Discuss and respond to situations where friendships go wrong.

## Friendships – Mental Health and Well Being

### What did you see first?

People see images and fall outs differently.



Could you explain why the group of children are leaving the girl out? How do you think she is feeling? How could this be resolved?

