

Year 3  
Spring 1

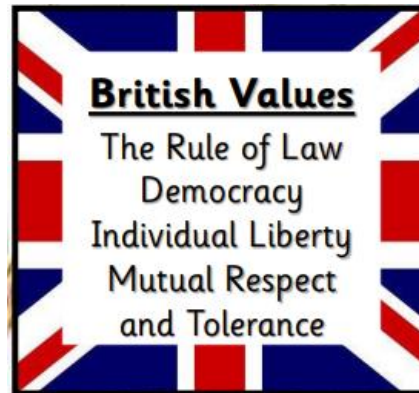
Moor First PSHE  
Knowledge  
Organiser-Be  
Yourself

### Key Vocabulary

<b>unique:</b>	The quality of being individual and unlike anything else.
<b>opinion:</b>	The way we feel and the ideas we share about certain issues.
<b>belonging:</b>	Feeling like we are part of a group or shared understanding.
<b>respect:</b>	A way of treating or thinking about someone that shows they are important and they are valued.
<b>individuality:</b>	Special features about us, who we are and the fact that we are special and <b>unique</b> .
<b>feelings:</b>	<b>Emotions</b> we experience about things that are happening.
<b>emotions:</b>	The way we feel about things that are happening.
<b>uncomfortable:</b>	Something we feel isn't OK or that makes us feel unsettled.
<b>comfortable:</b>	Something that we feel is OK or that helps us to feel settled.
<b>confidence:</b>	Feeling good about ourselves or something we are doing
<b>setbacks:</b>	When something doesn't go as we had planned.
<b>perceived failures:</b>	When we feel that we have not done as well as we had hoped we would.
<b>peer pressure:</b>	The pressure people can feel to behave in a certain way because their friends or people they spend time with expect it.
<b>tricky situations:</b>	A situation which makes us feel <b>uncomfortable</b> or pressured to do something that we feel is not right.

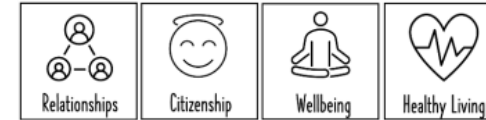
What should I already know?

**Being Kind to Ourselves:** It is important to be **kind** to ourselves and feel good about ourselves. We are **special** and **unique** and deserve to feel valued and loved. Reminding ourselves how **special** we are and of the many things we do well can help us show **respect** and **care** for ourselves and to feel good.



## Weaving concepts

### MAIN CONCEPT



### Sticky Knowledge

#### Key Learning Point:

**Positive and Healthy Relationships:** Feeling a strong sense of self-identity and belief allows us to contribute to positive, healthy relationships. These are relationships where people are valued and **respected** for being themselves and differences are understood and valued. A positive, healthy relationship is one that has:

- mutual **respect**;
- honesty;
- trust;
- loyalty;
- kindness;
- generosity;
- shared interests and experiences; and
- where people are encouraged to be, and are able to be, the best they can.

