



**Objectives and Sticky Knowledge**

**Previous Knowledge Recap:**

To use previous knowledge on online bullying from Key Stage 1

To use previous knowledge of body language in Year 2 to recognise how someone might be feeling



**Land Objectives and Sticky Knowledge:**

<p>I understand how my online activity can affect others and I know who/how to ask for help.</p>	<p><b>I know a range of skills for coping with unpleasant and uncomfortable emotions and can judge whether my feelings/behaviour is proportionate and appropriate.</b></p>
<p>I know the difference between kind and unkind comments. I know who and how to ask for help. I can name positives and negatives of using technology. I understand the difference between safe and risky choices online.</p>	<p>I know that grief is great sadness, often following a death or loss. I know that families are important for children growing up because they can give love, security and stability. I know that there is a normal range of emotions and scale of emotions in relation to different experiences and situations. I can judge whether how I am feeling/behaving is appropriate and proportionate. I know that my mental health is as important as my physical health.</p>

**Links with 'Communication' Golden Thread:**

**Links with CST and CKA Values Crown:**

# Year 3 PSHE Knowledge Organiser



## Sky Objectives:

1. Children are able to identify the four zones of regulation and identify the zone that they are in.
2. Children can recognise what makes a relationship positive.
3. Children take more responsibility as an active member of a community.

<b>Grief</b>	<i>Great sadness, often following a death or loss.</i>
<b>Confusion</b>	<i>Uncertainty about what is happening, intended, or required.</i>
<b>Memory box</b>	<i>A special place where memories are stored.</i>

- **Families are important for children growing up because they can give love, security and stability**
- **There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations**
- **It is important to judge whether what you are feeling and how you are behaving is appropriate and proportionate**
- **Mental wellbeing is a normal part of daily life, in the same way as physical health**

<b>Chatroom</b>	<i>A group of people living in the same place or sharing a common interest.</i>
<b>Report</b>	<i>Give a spoken or written account of something that one has observed, heard, done, or investigated.</i>
<b>Reply</b>	<i>Say something in response to something someone has said.</i>
<b>Respond</b>	<i>Do something as a reaction to someone or something.</i>
<b>Childline</b>	<i>A free, private and confidential service where you can talk about anything.</i>

- **It is important to establish boundaries in friendships, with peers, and others**
- **There may be times where you have to seek and give permission in relationships with friends, peers and adults**
- **Sometimes people behave differently online, including by pretending to be someone they are not**
- **By rationing the amount of time you spend online, you can positively impact your physical and mental health**