

## Year 4 (Spring 2) Owning your choices

Prior Learning: In Year 3 children will have learnt about how can we keep physically healthy. What makes a balanced lifestyle; balanced diet; good quality sleep, making choices; influences on choices what good physical health means? How to recognize early signs of physical illness. About oral hygiene and Safety in the sun. Things that may not be so healthy e.g. smoking, alcohol, energy drinks caffeine- why people use them.

**We will learn the knowledge and strategies to make positive choices that keep us healthy. Areas of learning include how to maintain a healthy balanced lifestyle through food choices and physical activity, as well as potential barriers people might face. Children will learn how to manage influences and pressure, and keep themselves healthy within our 'Owning your Choices' theme of our PSHE Education**

This includes learning about how we can be a good friend, recognising a wider range of feelings in others; responding to feelings; strategies to resolve disputes; negotiation and compromise; resolving differences; and independence.

### 1. TWAL: To understand friendship

We will explore the different qualities we would like to have in our friends and what qualities we have as friends to other children. We will learn to understand that not all of our friends have to have the same qualities and that it is healthy to have a variety of friends and interests within our friendship circle. **– Assessment opportunity before and after lesson**



Positive friendships support our wellbeing, they can change over time and it is good to have different types of friendships and friends and who we mutually respect, trust and share experiences with.

#### Recommended Resources

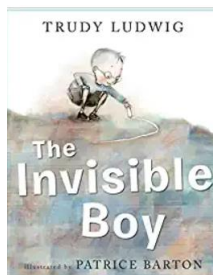
##### Little Voices – What makes a good friend?

<https://www.youtube.com/watch?v=ReMq3KX8F94>

<https://raisinglifelonglearners.com/being-a-good-friend/>

#### Recommended Reading

Be Kind by Pat Zietlow Miller  
The Invisible Boy by Trudy Ludwig



### 2. TWAL: To Recognise a range of feelings

We will learn how to recognise a range of feelings within ourselves as friends but also being able to explore different feelings our friends may have and why it is ok for our friends to have different feelings to us when we have a difference of opinion and the effect this has on our friendship and feelings;



Emotions are what we feel. They are a mixture of chemicals within our brain and bodies. It is healthy to express our emotions and to be able to do this respectfully and safely.

#### Recommended Resources

##### Feelings and emotions BBC Bitesize –

<https://www.youtube.com/watch?v=RqoU-m8kaw>

#### Recommended Reading

Positive behaviours and emotions for Minecrafters  
Head to Toe by Fearne Cotton



### 3. & 4 TWAL: Strategies to resolve disputes

We will explore what a dispute is, who can have a dispute, why we have them and how we can resolve them without losing our friendships. We will learn the art of negotiation and compromise and explore the rollercoaster of emotions we can experience during this process – we will realise this is a skill to support us into adulthood. We will explore scenarios and role play to practice our negotiation and compromise skills.



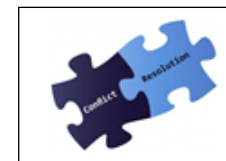
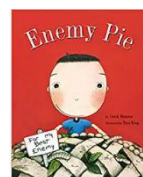
A dispute is to argue or debate with someone

A conflict is a struggle between people, which may be physical, or verbal between conflicting ideas.

A negotiation is *a formal discussion to reach an agreement about an issue.*

#### Recommended Reading

Enemy Pie by Derek Munson



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### **5. TWAL: To recognise when a friendship online or offline is making us feel uncomfortable and how to manage this**

We will explore friendships online and how they may be different to other friendships but that they should still be respectful and kind. We will consider the safety aspects of making friends online- do we know who we are talking to/ playing with? How we should never arrange to meet anyone we do not know in real life. How do we get help if we feel uncomfortable/ report concerns. We will use scenarios/ fictional problem page advice to explore different situations.



*A healthy friendship should never make us feel uncomfortable. We should always ask for help if it does.*

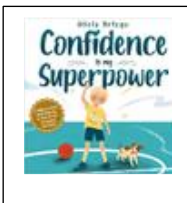


### **6. TWAL: Strategies to support our growing independence**

We will learn strategies to increase our levels of being independent as learners and personally. We will be able to understand why it is important for us to be able to make our own decisions for ourselves and that it is ok if someone else has makes a different choice – we will be able to see the link between being independent and growing in confidence – how this can have a positive effect on our life now and in the future.

#### **Recommended Resources**

<https://www.mrsactivity.co.uk/how-to-promote-independent-learning/>



**Recommended Reading**  
**Confidence is my super power by Alicia Ortego**  
**How to make good decisions –**  
**The 7 wonderful children by Frank Millstone**



#### **Words we will know!**

**Opinion**

**Dispute**

**Conflict**

**Negotiate**