



Year 4 - Autumn - RSE Knowledge Organiser

What I already know...

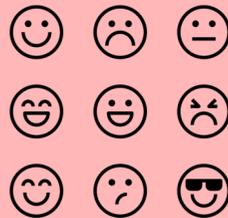
- The choices I make in daily life could affect my health
- How to identify healthy and unhealthy choices
- how regular exercise benefits mental and physical health
- Another person's behaviours can show us how they are feeling.

Key Vocabulary

Physical health	How well your body is working.
Mental health	How people think and feel about themselves and the world.
Balanced lifestyle	Having a range of different experiences which help to keep you healthy.
Emotions	How you are feeling eg happy, sad, worried, angry
Peer pressure	People may feel forced into doing things or behaving in certain ways because of how their friends are behaving.

What I will learn...

- doing things like spending time with friends and family, eating well, getting enough sleep and exercising can help my physical and mental health.
- It can be difficult to express how we feel.
- having different emotions and feelings is normal.
- Having negative emotions like anger and sadness is not nice but it is ok to have these feelings and that they can be a healthy way to react to a situation.
- dealing with strong emotions can be difficult but there are different things we can do to help us.
- what to do if I feel unhappy, worried, scared or angry.
- that sometimes, I may feel pressured into behaving a certain way and what to do if this happens.
- how to get help if I need it.



Making a difference at The Merton

Children will deepen their understanding of their own emotions and the feelings of others. They explore and discuss the huge range of emotions that people feel and we will learn about how it is healthy to feel a range of emotions. We will spend time looking at different techniques which may help us to deal with strong emotions.

We will look at what being physically and emotionally healthy means and find activities which we enjoy that promote this healthy lifestyle.

Making a difference at home

Look up and read or watch the story 'The Colour Monster' by Anna Llenas. Talk about the different emotions. Discuss what makes people angry, what makes people happy and good strategies for dealing with these emotions.