

Year 4 Red Kites

Life Skills

Summer 1

What Do You Need To Be A Good Friend?

SRE

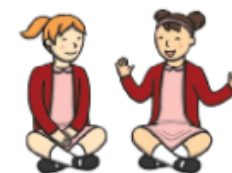
What is Friendship?

Friendship means familiar and liking of each other's mind. People who are friends talk to each other and spend time together. They trust one another and also help each other when they are in trouble or are hurt.

Everyone needs friends in their life. They make us feel happy, safe, secure, loved, cared for. We trust them and share mutual respect. As our paths cross with new people, we need to know what to look for when choosing friends.

Positive Friendships

A positive friendship is when you respect each other, trust and share common interests. If you ever feel lonely or excluded, you can speak to a trusted adult who will try to help you resolve the problem.



Building Positive Friendships

Building positive friendships is easy when you are a good friend. You can be a good friend by:

sharing	caring	playing	respecting others
listening	having an inclusive attitude	celebrating differences	

Pregnancy

A woman will go through a lot of changes during pregnancy.

A typical pregnancy lasts for 9 months, or 40 weeks.

This is divided into three trimesters:

First trimester – up to 12 weeks

Second trimester – 13 weeks to 27 weeks

Third trimester – 28 weeks until birth



Looking After Your Body

There are many changes our bodies go through during puberty.

This is exciting but can feel quite overwhelming as well.

To make sure we look after our bodies and help ourselves stay as healthy, well and happy as possible, we can:

wash well and often, eat a healthy, balanced diet, ask for advice, get plenty of sleep, exercise and spend time outside, spend time with friends and family, value our strengths, qualities and achievements, take time to enjoy calm, relaxing activities, talk to a trusted adult if we are worried about anything.



Key Vocabulary		Definition
Friendships	appreciate	Recognise the value of an action or thing.
	calm	A quiet or peaceful period or situation.
	compliment	An expression of respect or admiration.
	connection	A relationship between two things, people, or groups.
	cope	To deal with and attempt to overcome problems and difficulties.
	emotions	A person's inner feelings.
	negative	Focused on what is bad or lacking.
	outcome	The result of something, or the consequence of it.
	perspective	A way of thinking about and understanding something.
	reaction	An action in response to something.
	relationship	How two or more people are connected.
	resolution	An answer or solution to a conflict or problem.
	strategy	A plan.
	trigger	Something that causes an intense and usually negative emotional reaction.
	trust	The belief in the reliability of another person or thing.
value	What something is worth in terms of importance to you.	
SRE	baby	A new child
	birth	When a baby comes out of its mother's womb into the world.
	changes	When something is different to what it used to be.
	genitals	The reproductive organs that are outside of the human body.
	hormones	Chemicals produced by the body that cause changes during puberty.
	life cycle	The stages we go through in life; baby, toddler, teenager, adult, elderly.
	pregnancy	When a woman is carrying a baby in her womb.
	puberty	The changes in your body during teenage years in preparation for adulthood.
trimester	The three periods of time used to measure pregnancy; first, second and third.	
womb	The part of the female body where a baby is carried until birth.	