

## Year 4 - Families and relationships

|                 |   |
|-----------------|---|
| Act of kindness | Doing something nice for someone.                                     |
| Authority       | A person with high status and decision making power.                  |
| Bereavement     | Mourning or grieving somebody who has died.                           |
| Bullying        | To cause repeated physical or emotional pain to somebody.             |
| Bystander       | Someone who watches something happening without getting involved.     |
| Manners         | A way of behaving that shows respect for other people.                |
| Permission      | Allowing someone to do something once they have asked first.          |
| Respect         | Being thoughtful and polite towards other people.                     |
| Stereotype      | A view or idea about something, often someone, which is often untrue. |

## Key facts

Different manners are needed in different situations.

Everyone should be respected, especially people who have a position of authority such as police and teachers.



Police

Teacher

Parents

People have different boundaries and we should respect these.

Your body belongs to you and you have the right to decide what happens to it.



Gender stereotypes can have an impact on how people see themselves and what they think they can do.

Families in different parts of the world have different ways of living.

There are different ways we can help people when someone close to them has died.

## Getting help

Talk to an adult you trust either at school or at home.

**Contact:** Childline  
[www.childline.org](http://www.childline.org) | 0800 1111  
 Calls DO NOT show on the phone bill



How we behave can have a positive impact on other people, for example saying something kind or helping them.



How we behave can have a negative impact on other people, for example saying nasty things or not letting them join in.

## Year 3 - Health and wellbeing

|            |  |
|------------|--|
| Alone      | Being by yourself.   |
| Balance    | A variety of different things.                                   |
| Barriers   | Obstacles that stop us from reaching our goals.                  |
| Belonging  | Feeling comfortable and at home in a certain situation or place. |
| Barriers   | Obstacles that stop us from reaching our goals.                  |
| Diet       | The food that we eat.  |
| Healthy    | Being well, both physically and mentally.                        |
| Identity   | Who someone is, how they define themselves.                      |
| Lonely     | Feeling sad because you are alone.                               |
| Relax      | To rest or take a break.   |
| Resilience | A willingness to keep trying even when things become very hard.  |
| Stretch    | Loosening and extending the muscles.                             |

## Key facts



Relaxation helps keep our body and mind healthy.

Stretches are one way to relax.

Lots of things make up our identity, including the groups we belong to.



We all have different strengths and we can use these to help others.

Breaking problems down can help us to solve them.

## Health tips



Keeping a diary can help us have a healthy lifestyle.



Eat **five** portions of fruit and vegetables every day.



Brush your teeth at least twice a day.



Belonging can help us to feel happy.



We need foods from different groups to keep us healthy.

## Getting help

If you are worried about anything, talk to an adult you trust at home or at school.

|                     |  |
|---------------------|--|
| age restriction     | A rule that says you can only do or use something when you are a certain age.  |
| asthma              | A common lung condition that causes breathing problems. <b>If someone is having an asthma attack, keep them calm and help them to use their inhaler.</b>         |
| law                 | Rules enforced by the government that define what we can and cannot do.  |
| tobacco and smoking | Tobacco is a plant used to make cigarettes. Smoking tobacco can harm your lungs, heart and body. It also contains nicotine, which makes it hard to stop smoking. |
| genitals            | The external sex organs. This word is used for both males and females.   |
| hygiene             | Keeping clean helps people stay healthy and feel fresh.  |
| puberty             | The physical and emotional changes a child goes through to become an adult.  |

Age restrictions are there to protect children.

Some adults choose to smoke tobacco and this can harm their bodies.



Surprises are positive as they are usually something nice. Secrets are often negative as they are things people want to hide.

Search engines do not always list the most useful or reliable websites first.

Sharing information and images on the internet can be risky.

When you look for information online, think about whether the website is reliable.

**Getting help** If you are worried about something, talk to an adult you trust.

In an emergency, call 111 or 999.

Contact: Childline [www.childline.org](http://www.childline.org) | 0800 1111  
Calls **do not** show on the phone bill.



Remember the **PANTS** rule:

- P - Privates are private.
- A - Always remember your body belongs to you.
- N - No means no.
- T - Talk about secrets that upset you.
- S - Speak up - someone can help.

## Year 3 - Citizenship

|                   |  |
|-------------------|--|
| charity           | An organisation that raises money for those in need.   |
| community         | A group of people living in the same area or who have certain things in common.  |
| consequence       | The result of an action.   |
| council           | A group of people who manage a city, county or organisation.   |
| councillor        | A member of a council.   |
| democracy         | A system of government where everyone can vote for who they want to represent them.  |
| environment       | The local surroundings or place a person lives or works in.  |
| law               | Rules made by government that define what we can and cannot do.  |
| recycling         | Converting waste into reusable materials.  |
| responsibility    | Being in charge of our own actions.  |
| rights            | A set of actions and principles that are entitled to someone.  |
| UN/United Nations | An international organisation founded in 1945 after World War 2, which aims to maintain international peace and security, human rights and better standards of living. |

Recycling materials helps the environment by reducing rubbish in landfills and reducing the use of raw materials.

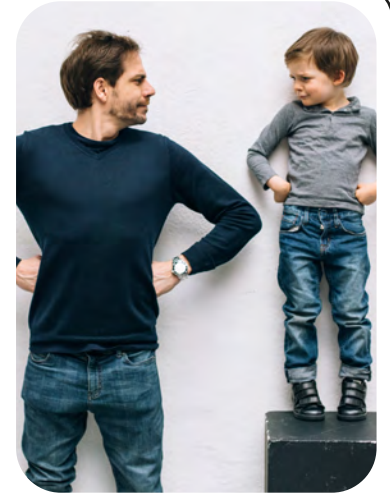


There are buildings in our community that are used by different groups, for example, places of worship, libraries and schools.



The United Nations has created a set of rights for children in those countries who have agreed to sign up to them.

The rights of the child cannot be taken away and adults and children have a responsibility to make sure children enjoy their rights.



There are local charities who help people in our community.

The council look after the local area and make decisions.

People vote for the people they want to be on the council during an election.



If people decide to break rules there are likely to be consequences.



# Year 4 - Economic Wellbeing

|                |  |
|----------------|--|
| Banks balance  | How much money is in an account after money has been put in and taken out                            |
| Bank statement | Regular update on the money which has gone in and out of a bank account and shows your bank balance. |
| Career         | A job in one area of work that is undertaken for a long period of time                               |
| Debit card     | A card used to buy things where the money is taken straight from the bank account                    |

## Key facts

**Personal Budget**

|                         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|-------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| Starting Balance        | 15 000 |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| Total Income            | 4 230  | 3 880  | 3 880  | 3 830  | 4 330  | 4 330  | 4 430  | 3 930  | 3 930  | 5 400  | 4 950  | 4 400  | 4 400  | 4 400  | 4 400  | 4 400  | 4 400  | 4 400  | 4 400  | 4 400  |
| Total Expenses          | 1 600  | 1 660  | 1 515  | 2 010  | 1 720  | 1 440  | 1 715  | 1 823  | 1 880  | 2 210  | 1 720  | 1 600  | 1 600  | 1 600  | 1 600  | 1 600  | 1 600  | 1 600  | 1 600  | 1 600  |
| NET (Income - Expenses) | 2 630  | 2 220  | 2 365  | 1 820  | 2 610  | 2 890  | 2 715  | 2 107  | 2 050  | 3 190  | 3 230  | 2 800  | 2 800  | 2 800  | 2 800  | 2 800  | 2 800  | 2 800  | 2 800  | 2 800  |
| Projected End Balance   | 17 630 | 19 850 | 22 215 | 24 035 | 26 645 | 29 535 | 32 250 | 34 357 | 36 407 | 39 597 | 42 827 | 45 627 | 48 427 | 51 227 | 54 027 | 56 827 | 59 627 | 62 427 | 65 227 | 68 027 |

Keeping track of money is important to make sure you have enough money for what you need.

People think about different things when deciding if something is good value for money, such as how much it costs, how long it will last for and the impact on the environment.



Lots of different things can influence the job or career someone chooses.