

# Year 4

## PSHE Week Autumn 2020

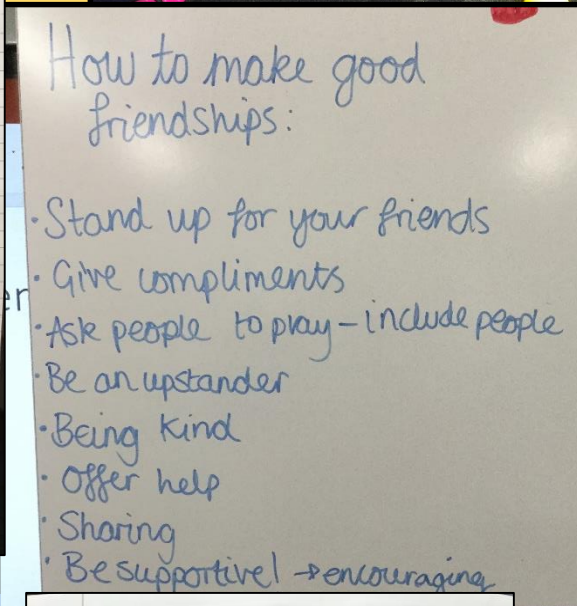
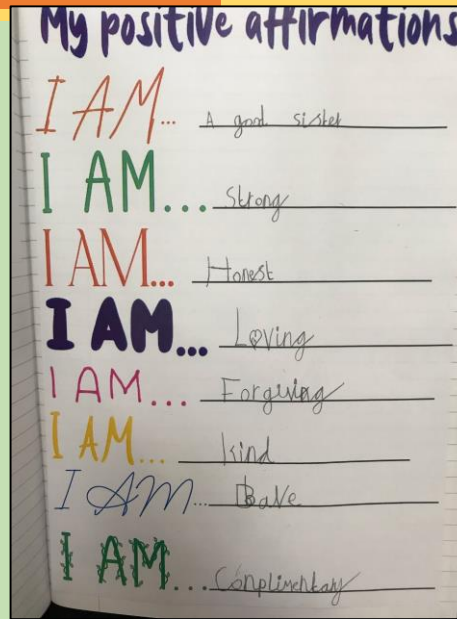
### Building positive relationships and celebrating diversity



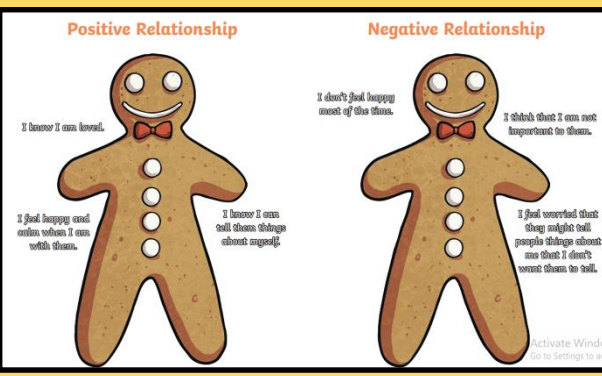
We have been learning about how to be a good friend and how to help stop bullying. We discussed what a positive friendship is and thought of strategies to help build these.



We learnt about touch. We discussed how it is more appropriate for certain people to touch you in certain ways than others. We learnt the PANTS rule that PRIVATE parts are private, we should ALWAYS remember our body belongs to us, NO means no, we should TALK about secrets that upset us and we should SPEAK up because someone can help!



We learnt about positive and negative relationships and we thought about how we can seek support if we feel lonely or excluded, and also how we can help others who might feel this way. We thought about personal boundaries and what would be appropriate in different types of relationship: family, friends, teachers etc.



We talked about how friendships support wellbeing. We made kindness clouds where we gave each other compliments. We also came up with some positive affirmations to say to ourselves to help boost our mood and our outlook.