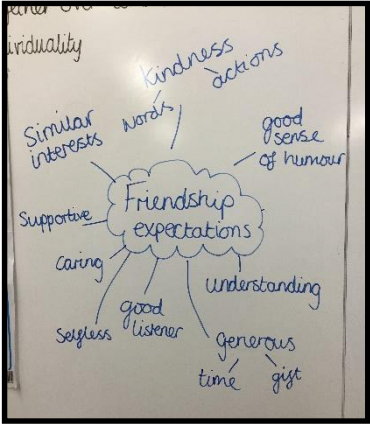
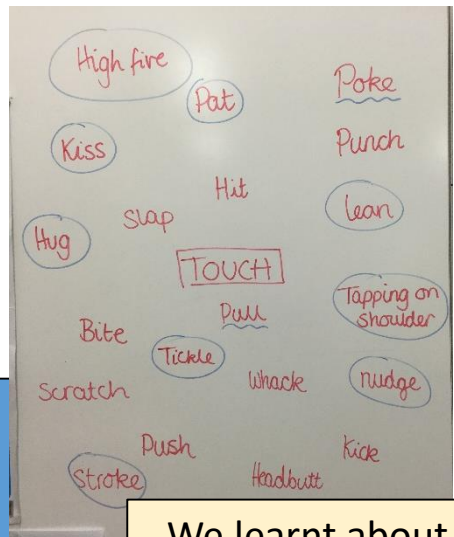


Year 4 PSHE week Building positive relationships and celebrating diversity

- What Year 4 learnt about...
- having strategies to manage intense and conflicting feelings.
 - what personal boundaries and privacy mean.
 - what physical contact is acceptable and unacceptable and how to stop unwanted touch.
 - the importance of friendships and strategies to build positive friendships.
 - prejudice and discrimination and what we can do about these behaviours

We started the week thinking about different feelings and how these can be intense and sometimes conflicting. We read a couple of books which helped us think about strategies to manage these feelings.



We talked about different types of physical contact. We sorted them into what is acceptable what is unacceptable. We discussed that this can change depending on our relationship with the person.

We learnt about the PANTS rule- 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.



These our top tips for managing intense feelings!

