

Year 5 - Me and My Relationships

Key questions

Feelings

What are emotional needs?
Do we have the same emotional
needs?

Do emotional needs stay the
same?

Why are emotional needs
important?

Friendship Skills, Including Compromise

What qualities make a good
friend? Why?

How does a good friend show
these qualities?

Do these qualities make a
difference in friendships? How?

Assertive Skills

How can someone stand up for
themselves?

When would someone use their
assertiveness skills?

Is assertiveness the best way to
react to pressure? Why?

Key vocabulary

collaborate aggressive
resolution conflict pressure
emotional needs passive
assertiveness negotiation
unsafe compromise
body language respect
uncomfortable touching qualities
unhealthy relationship

I can ...

I can give a range of examples of
our emotional needs and explain
why they are important.

I can explain why these qualities
are important.

I can give a few examples of how
to stand up for myself (be
assertive) and say when I might
need to use assertiveness skills.