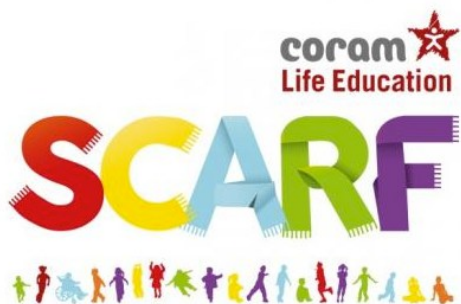




PSHE

Year 4 Autumn 1: Me and My Relationships

Your child will be learning about:

**recognising
feelings**

bullying

**assertive
skills**

In this unit, children will know and understand the qualities of a positive, healthy relationship. They will know when it is appropriate to say 'no' and will recognise bullying or pressured behaviour.

Please follow this link to family learning resources that provide age appropriate activities for children and their families to do together.

<https://www.coramlifeeducation.org.uk/family-scarf/scarf-at-home/me-and-my-relationships>