St Andrew's Church of England Primary School
LKS2 Knowledge Organiser – Term 1: PHSE, RSE and Citizenship – How can we be a good friend?

Outcomes: -

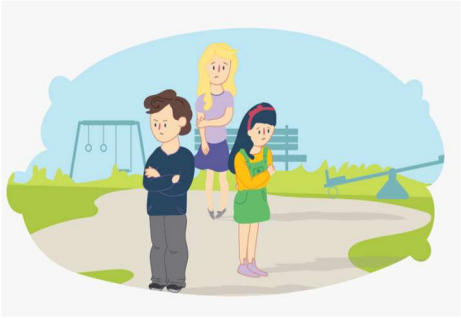
- how friendships support wellbeing and the importance of seeking support if feeling lonely or excluded
- how to recognise if others are feeling lonely and excluded and strategies to include them
- how to build good friendships, including identifying qualities that contribute to positive friendships
- that friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences
- how to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support

Key Vocabulary

disputes	Disagreements or arguments.
excluded	To feel that you are not part of a group or prevented from joining in.
friendships	Relationships we have with people outside our family who we like spending time with and know well.
included	To feel that you belong to a group and can join in with activities.
loneliness	The unhappiness that felt by someone because they think they do not have any friends or someone to talk to.
reconcile	To be able to fix or restore the differences or disagreements in a relationship.
resolve	To sort out or find a resolution to a problem or dispute.
respect	A way of treating or thinking about someone that shows they are important and they are valued.



Being alone does not mean the same as being lonely. We can find ways to help ourselves feel less lonely.



Friends may sometimes fall out. We can resolve disputes and remain friends, sometimes with a little support from others.



Friendships should support our wellbeing. Unhealthy relationships may make us feel uncomfortable, excluded and unhappy.