



YEAR 3 - Knowledge Organiser Feelings and Relationships



What makes a good friend?

1. Friends make you feel good
2. Friends help you
3. Friends listen to you
4. Friends are loyal

What is a feeling?

A feeling is our emotional state, or our reaction to something. Feelings are important because they help us to manage different situations and look after ourselves. Feelings and emotions are about our minds but we might also experience them in our bodies.



How can we make our days feel better?

1. Talk to someone you trust about how you are feeling
2. Count to three in your head as you take a breath in through your nose. Count to three in your head as you breathe out through your mouth.
3. Hug a cuddly toy
4. Look at the clouds
5. Ask if you can have a five minute break from your learning

S	M	A	R	T
<u>Stay</u> Safe	<u>Don't</u> Meet Up	<u>Accepting</u> Files	<u>Reliable?</u>	<u>Tell</u> Someone
Don't give out your personal information to people / places you don't know.	Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.	Accepting emails, files, pictures or texts from people you don't know can cause problems.	Check information before you believe it. Is the person or website telling the truth?	Tell an adult if someone or something makes you feel worried or uncomfortable.
Follow these SMART tips to keep yourself safe online!				

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