



YEAR 4 PSHE – Relationships: Families Knowledge Organiser



What is a family?

Family members *love, protect, provide* and *care* for each other.



Enjoying the moment with mindfulness

Mindfulness is when we are thinking about what we are doing right now. Ignoring the past or the future, we just think about the present.



Different types of family

We can celebrate and respect all types of families, even ones that are different from ours.



Key vocabulary

- Love
- Protect
- Care
- Nuclear
- Blended
- Extended
- Same sex
- Foster
- Adopted
- Honesty
- Trust

VIPs

Who are the important people in my life?

