

Relationships | VIPs

Key Knowledge

Our Special People

We all have people who are **special** to us. These will be different for everyone, but will include our family and our friends. These are people who we **care** about and who **care** about us. They help us to feel **loved**, **safe**, healthy and happy.



Showing We Care

We can show our **special people** we **care** for them in many ways. We can be **kind** to them and **help** them. We know our **special people** **care** for us if they make us feel **safe**, make us feel respected and show we can **trust** them.



Key Vocabulary

VIPs

Very Important Persons. These will be different for everyone, but will include family and **friends**. They are people who we **care** about and **trust**, who help us to feel **safe** and who we enjoy spending time with.

special people

Someone who we feel close to and **care** about.

care

The way we feel towards people we **love**. To provide things people need.

kind

To be **friendly**, considerate and generous to others.

help

To give someone a hand to do something.

trust

To feel someone is reliable.

love

The emotion we feel for people who are **special** to us.

safe

Being protected from danger or harm.

similarities

Ways we are the same.

differences

Ways we are not the same.

cooperate

To work together to achieve something.

friends

People who we like a lot and know well.

Families

We all belong to a family group and these may be big or small. Our family is a group of people who are **special** to us. Our family groups will all be slightly **different** and this is something to be celebrated.



Falling Out with Others

Falling out happens when two or more people have a disagreement. It can make us feel sad, worried or angry. It is important to speak about our feelings and find ways to move forward and solve the problem. We might take some time to calm down, count to 10 and take deep breaths and use kind words and calm voices to explain how we feel and what might **help**.



Trusted Adult

Our **trusted** adults are adults who are **special** to us and whom we know we can talk to. It is important we have **trusted** adults that we know will be there for us and who will **help** us if we are worried or concerned about anything.



Working Together

When we **cooperate** with others, we can achieve wonderful things. When we **cooperate**, we need to listen to each other, share jobs that need to be done, **help** each other and listen to how we are each feeling.



Key Learning Points:

Qualities in a Good **Friend**: There are lots of things that make friendships **special**. These are some qualities that good **friends** have:

- Being a good listener;
- Being **caring**;
- Being helpful;
- Showing **kindness**;
- Being **trustworthy**;
- Being honest.



Feelings of a Healthy Relationship: Every relationship is different but there are certain feelings we should get from a positive relationship. Positive relationships should help us to feel:

- **safe**;
- happy;
- **loved**;
- **cared** for;
- healthy.



To look at all the planning resources linked to the KS1 VIPs planning, [click here](#)