

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.

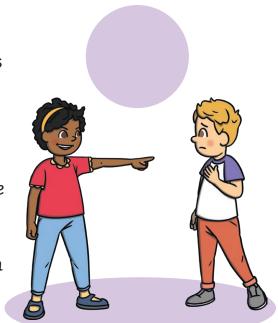


Trusted Adult Our trusted adults are adults who are special to us and whom we know we can talk to. It is important we have trusted adults that we know will be there for us and who will help us if we are worried or concerned about anything.



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**.



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