

Year 3&4	PSHE Knowledge organiser	 S P I R I T		Lent Term 1
Life to the full	Prayers and songs	Key Vocabulary And Knowledge		In the Wider World
Sharing online 	🎵 Sometimes Lord 🎵 Lectio Divina.	Pressure	Feeling that you should do something you don't want to do, because somebody is influencing you	Children's Mental health week Express yourself. It is good to be different. How we feel on the inside Showing our feelings on the outside.
		Respect	Regard for the feelings, wishes and rights of others	
		Resilience	Not letting a feeling of pressure influence the way you act, and being able to recover quickly from difficulty.	
		Inappropriate	Not suitable, or welcome. May be upsetting. - Bullying (including cyber-bullying), is wrong and we need to know how to respond to it. - We all have a right not to be bullied. - Increasing independence means increasing responsibility to keep ourselves and others safe.	
Chatting online Physical contact	Guided Body Scan Meditation Dear God, Thank you that you care about me and my safety. Help me to spot danger signs in real life and online. Help me remember to talk about anything I see that upsets me. Amen	Wisdom	Having experience, knowledge and good judgement	Safer Internet Day What can we trust online? What is the motive of the people we see online? What we see is not what it seems!
		Discerning	Showing good judgement	
		Courage	Bravery. The ability to do something that scares you.	
		Abuse	Any action or failure to act by another person - adult or child - that causes significant harm to a child. - Just like our food can make us healthy or ill, what we watch, see or hear can also be good or bad for us. - We must report anything inappropriate and get help from those we can trust - We can judge what contact is acceptable.	