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|  **Year 4 Puzzle 4 Healthy Me** |

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|  Knowledge | Social and Emotional skills |
| • Know how different friendship groups are formed and how you fit into them • Know which friends you value most • Know that there are leaders and followers in groups • Know that you can take on different roles according to the situation • Know the facts about smoking and its effects on health • Know some of the reasons some people start to smoke • Know the facts about alcohol and its effects on health, particularly the liver• Know some of the reasons some people drink alcohol • Know ways to resist when people are putting pressure on them • Know what you think is right and wrong | • Can identify the feelings that you have about your friends and different friendship groups• Recognise how different people and groups you interact with impact on you• Identify which people you most want to be friends with• Recognise negative feelings in peer pressure situations• Can identify the feelings of anxiety and fear associated with peer pressure• Can tap into your inner strength and know how to be assertive |
| In this Puzzle the class look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and how they fit into them. The children are asked to reflect on their friendships, how different people make them feel and which friends they value the most. The class also look at smoking and its effects on health, they do the same with alcohol and then look at the reasons why people might drink or smoke. Finally, they talk about peer pressure and how to deal with it. |
| **Key Vocabulary:** Friendship, Emotions, Healthy, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong |