

## Relationships – Social and Emotional Skills

### **EYFS**

Can identify what jobs they do in their family and those carried out by parents/carers and siblings  
Can suggest ways to make a friend or help someone who is lonely  
Can use different ways to mend a friendship  
Can recognise what being angry feels like  
Can use Calm Me when angry or upset

### **KS1**

Y1

Can express how it feels to be part of a family and to care for family members  
Can say what being a good friend means  
Can identify forms of physical contact they prefer  
Can say no when they receive a touch they don't like

### **LKS 2**

Y3

Know how to access help if they are concerned about anything on social media or the internet  
Can identify their own wants and needs and how these may be similar or different from other children in school and the global community  
Can empathise with people from other countries who may not have a fair job or are less fortunate  
Understand that they are connected to the global community in many different ways  
Can identify similarities in children's rights around the world

Y2

Can recognise and talk about the types of physical contact that is acceptable or unacceptable  
Can identify the negative feelings associated with keeping a worry secret  
Can identify who they trust in their own relationships

Y4

Can identify feelings and emotions that accompany jealousy  
Can suggest positive strategies for managing jealousy  
Can identify people who are special to them and express why  
Can identify the feelings and emotions that accompany loss  
Can suggest strategies for managing loss  
Can tell you about someone they no longer see  
Can suggest ways to manage relationship changes including how to negotiate

### **UKS 2**

Y5

Can suggest strategies for building self-esteem of themselves and others  
Can identify when an online community/social media group feels risky, uncomfortable, or unsafe  
Can suggest strategies for staying safe online/social media  
Can say how to report unsafe online/social network activity  
Can identify when an online game is safe or unsafe  
Can suggest ways to monitor and reduce screen time  
Can suggest strategies for managing unhelpful pressures online or in social networks

Y6

Recognise that people can get problems with their mental health and that it is nothing to be ashamed of  
Can help themselves and others when worried about a mental health problem  
Recognise when they are feeling grief and have strategies to manage them  
Demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain power or control  
Can resist pressure to do something online that might hurt themselves or others  
Can take responsibility for their own safety and well-being