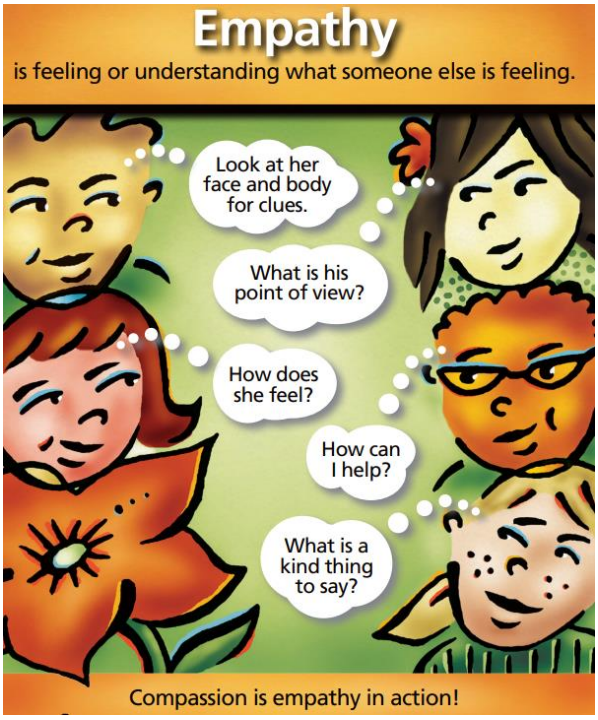
Y6 PSHE Knowledge Organiser 1

SECOND STEP
Unit 1 – Respect and Empathy
Unit 2 – Listening with Attention
Unit 3 – Being Assertive
Unit 4 – Respecting Differences and Similarities
Unit 5 – Understanding Complex Feelings



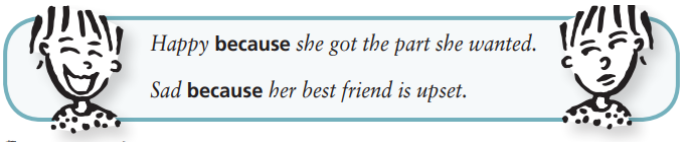
Key Vocabulary	Definition
aggressive	This can be negative - having a forceful, angry manner.
assertive	This is more positive - being confident and able to say what you want or believe.
complex	This is where something has many different parts that may be difficult to understand.
conflict	A disagreement between people with opposing opinions or principles.
empathy	The ability to share someone else's feelings by imagining what it would be like to be in that person's situation.
insult	An offensive remark or action.
passive	This is allowing other people to be in control.
put-downs	To make someone feel not important by criticising them.
respect	Politeness, honour and care shown towards someone.

My Key Learning

Listening with Attention Skills
Focus on the person's words
Don't interrupt
Ask questions to find out more
Repeat what you heard to show you understand

Assertiveness Skills
Faces the person
Keeps head up and shoulders back
Uses a calm, firm voice
Uses respectful words

Emotions

worried, unsure, frustrated, scared, nervous, excited, sad, happy, mad, joyful, glad, confused, uncaring, serious, silly, frightened, embarrassed, disappointed, jealous

Understanding complex feelings