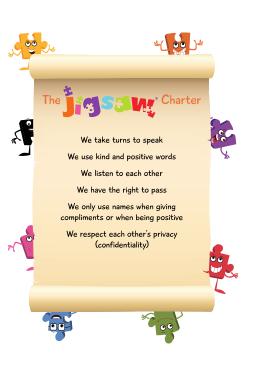
Year 4 Jigsaw Unit 4 Healthy Me



Key Vocabulary	
Friendships	Being good friends.
Emotions	How a person is feeling.
Healthy Relationships	Where two people are honest and trust each other.
Leader	Someone who leads a group of people.
Follower	Someone who follows someone else.
Peer pressure	Your friends influencing you.
Believe	Being positive that you can do something.





	Key knowledge
PSHE	I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.
	I can identify feelings of anxiety and fear associated with peer pressure.





