
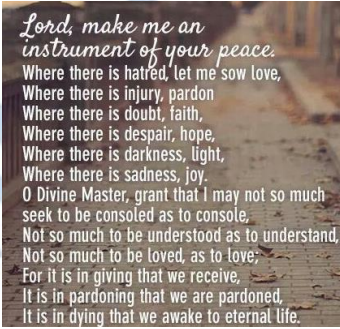


RSHE KNOWLEDGE ORGANISER – A JOURNEY IN LOVE

Year:	5	Aim	To show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty, sensitivity, mood swings, anger, boredom et., and grow further in God's presence in our daily lives.
Strand	Social and emotional	Learning intention	To show knowledge and understanding of emotional relationship changes as we grow and develop.

What should I already know?	What will I learn?
That we are all different and these differences are celebrated. God loves each of us as we are now and as we change.	Behavioural changes as I grow and develop and how these changes can affect friendships. How I can become more sensitive to my emotional development and that of others. How I can support others who might struggle with their self-esteem and self-confidence. Who you could go to for advice if you were worried about yourself or another person being unsafe, feeling uncomfortable or concerned for your own or their mental health and wellbeing. How this will help me to keep safe online.

Key words I will need to understand:	Key skills I will need to use:	Songs I will hear during reflection time:										
<table border="1"> <tr> <td>puberty</td> <td>The time when your body begins to develop and change.</td> </tr> <tr> <td>hormones</td> <td>Chemicals in the body that control cells or organs.</td> </tr> <tr> <td>respect</td> <td>A feeling of admiration.</td> </tr> <tr> <td>Mental health</td> <td>Emotional, psychological and social health, effecting how we think, feel and act.</td> </tr> <tr> <td>Well being</td> <td>The state of being healthy, safe, comfortable and happy.</td> </tr> </table>	puberty	The time when your body begins to develop and change.	hormones	Chemicals in the body that control cells or organs.	respect	A feeling of admiration.	Mental health	Emotional, psychological and social health, effecting how we think, feel and act.	Well being	The state of being healthy, safe, comfortable and happy.		
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Scripture and prayers that we will use:	Images I may see:
<p>Ephesians 2: 10 "You are God's work of art."</p> 	 <p><i>Lord, make me an instrument of your peace. Where there is hatred, let me sow love, Where there is injury, pardon Where there is doubt, faith, Where there is despair, hope, Where there is darkness, light, Where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console, Not so much to be understood as to understand, Not so much to be loved, as to love; For it is in giving that we receive, It is in pardoning that we are pardoned, It is in dying that we awake to eternal life.</i></p>

