

Year 3 – Families and relationships

Bullying	To cause repeated physical or emotional pain to somebody.
Communicate	To interact with other people through words or body language.
Empathy	To be considerate and understanding of other people's feelings.
Open questions	Questions that do not have simple one word answers.
Similar	Something that is nearly the same as another thing.
Solve	To find an answer to a problem.
Stereotype	A view or idea about something, often someone, which is often untrue.
Sympathy	Feeling sad for someone when something bad happens to them.
Trust	Relying on someone to do something for you, such as keeping a secret or keeping something safe for you.

Key facts

Families help other in each in different ways.

Families sometimes experience problems and if they can't solve these themselves, there are other people who can help.

Friendships have ups and downs but these can be overcome. Violence is not an answer to friendship problems.

Bullying can be physical or emotional and is repeated. Bullying can happen online as well as face to face.



People can communicate in ways other than talking.



Listening is as important as talking for good communication.



Trust is an important part of a relationship and we trust different people for different things.



There are similarities and differences between people.



Stereotypes can have a negative impact as they can make people think they cannot do certain things.

Getting help

Talk to an adult you trust either at school or at home.

Contact: Childline
www.childline.org | 0800 1111
 Calls DO NOT show on the phone bill



Year 3 - Health and wellbeing

Alone	Being by yourself.
Balance	A variety of different things.
Barriers	Obstacles that stop us from reaching our goals.
Belonging	Feeling comfortable and at home in a certain situation or place.
Barriers	Obstacles that stop us from reaching our goals.
Diet	The food that we eat.
Healthy	Being well, both physically and mentally.
Identity	Who someone is, how they define themselves.
Lonely	Feeling sad because you are alone.
Relax	To rest or take a break.
Resilience	A willingness to keep trying even when things become very hard.
Stretch	Loosening and extending the muscles.

Key facts



Relaxation helps keep our body and mind healthy.

Stretches are one way to relax.

Lots of things make up our identity, including the groups we belong to.



We all have different strengths and we can use these to help others.

Breaking problems down can help us to solve them.

Health tips



Keeping a diary can help us have a healthy lifestyle.



Eat **five** portions of fruit and vegetables every day.



Brush your teeth at least twice a day.



Belonging can help us to feel happy.



We need foods from different groups to keep us healthy.

Getting help

If you are worried about anything, talk to an adult you trust at home or at school.



Year 3 - Citizenship

Charity	An organisation that raises money for those in need.
Community	A group of people living in the same area.
Consequence	The result of an action, usually one that is negative or involves punishment.
Council	A group of people who manage a city, county or organisation.
Councillor	A member of a council.
Democracy	A system of government where everyone can vote for who they want to represent them.
Environment	The local surroundings or place a person lives or works in.
Law	Rules enforced by government that define what we can and cannot do.
Recycling	Converting waste into reusable materials.
Responsibility	Being in charge of our own actions.
Rights	A set of actions and principles that are entitled to someone.
Un/United Nations	An international organisation founded in 1945 after World War 2 which aims to maintain international peace and security, human rights and better standards of living.

Key facts

The United Nations has created a set of rights for children in those countries who have agreed to sign up to them



The rights of the child cannot be taken away and adults have a responsibility to make sure children enjoy their rights

There are local charities who help people in our community

The council look after the local area and make decisions



People vote for the people they want to be on the council during an election



If people decide to break rules there are likely to be consequences

Recycling materials helps the environment by reducing rubbish in landfills and reducing the use of raw materials



There are buildings in our community which are used by different groups for example places of worship, libraries and schools





Year 3 - Economic Wellbeing

Budget	a specific and limited amount of money you have to manage or spend.
Expense	The cost of something.
Feeling	The physical or emotional response to something.
Qualification	The skills or experience you have.
Save	Keeping money for something special or for the future.
Spend	Buying something with money.
Stereotype	A view or idea about something, often someone, which is often untrue.

Key facts

There are different ways to pay for things we buy



You need to have the money available however you choose to pay for something.

Money can cause us to have different feelings. These can be good and bad feelings.

A budget can help us to plan how we spend and save money.

There are lots of different jobs available and we can decide what we might want to do.

Sometimes people think some jobs are only for males or only for females. This is not true and anyone can do a job if they are qualified.

A grid of eight images representing different professions, each with a label below it: Midwife, Computer developer, Police officer, Army soldier, Hairdresser, Football manager, Mechanic, and Illustrator.

A hand-drawn budget calculation:

+£50.00	Total £25.00
-£10.00	
-£10.00	
-£5.00	



Kapow Primary

Year 3 - Safety and the changing body

Allergic	Having a reaction to something, e.g. food or a substance.
Anaphylaxis	A severe allergic reaction to something.
Bullying	To cause repeated physical or emotional pain to somebody.
Casualty	Someone who has been injured.

Cyberbullying	
Bullying that happens online.	
It is important to be kind online as well as face to face.	

Fake	Something that is not real.
Influence	To have an effect on someone's decision.

Getting help

In an emergency, call 111 or 999.



If you are worried about something, talk to an adult you trust at home or at school.

Contact: Childline

www.childline.org | 0800 1111 | Calls DO NOT show on the phone bill.

Key concepts

Some people can have an allergic reaction to a bite or a sting. If this happens, you need to get help as quickly as possible.

Some emails are fake and we should not reply or click on links if we do not know who they are from.

There are some choices we can make for ourselves, and other things will be decided for us.



Other people might influence the choices we make.




Safety tips

If you receive a suspicious email, mark it as spam, delete it or report it to an adult.

If you are not sure about a decision, talk it over with someone you trust.



When we cross the road we need to remember to:

Stop , Look  and Listen .