

# Grade Three and Four

## Respectful Relationships

### Key Focus for Year 3–4 Teachers:

Students at this stage are ready to understand more complex social and emotional topics. Teaching respectful relationships at this level emphasises cultivating **empathy**, **navigating challenges**, **managing emotions**, and **understanding diversity and inclusion** in a more meaningful way.

### Core Learning Objectives:

#### 1. Emotional Literacy

- Develop the ability to identify and describe complex emotions (e.g. frustration, embarrassment, jealousy).
- Recognise emotional triggers and responses in themselves and others.
- Begin to explore how thoughts and feelings influence behaviour.

#### 2. Personal Strengths

- Support students in identifying and using personal strengths in learning, friendships, and challenges.
- Promote self-reflection and peer recognition of strengths and achievements.

#### 3. Positive Coping

- Broaden coping tools and help students recognise helpful vs. unhelpful coping strategies.
- Teach students to choose strategies appropriate for different situations.

#### 4. Problem-Solving

- Guide students through structured approaches to resolving interpersonal conflict.
- Encourage using empathy, fairness, and assertiveness in problem-solving.

#### 5. Stress Management

- Explore what stress looks and feels like at school and home.
- Teach strategies for reducing or preventing stress (e.g. positive self-talk, movement, taking breaks).

#### 6. Gender and Identity

- Support conversations around fairness, gender roles, and inclusion.
- Promote respect for others' identities, preferences, and experiences.

#### 7. Positive Relationships

- Explore respectful behaviours in friendships and teamwork.
- Help students recognise actions that strengthen or damage relationships.

#### 8. Help-Seeking

- Practice recognising situations where help is needed.
- Reinforce where and how to access help, and reduce the stigma of seeking support.



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### Tips for Teaching at Years 3–4 Level:

- **Use real-life examples:** Students benefit from relatable, practical scenarios to explore emotions and choices.
- **Model and role-play:** Practice respectful responses and help students rehearse problem-solving strategies.
- **Celebrate strengths:** Create opportunities for students to reflect on their own and each other's character strengths.
- **Foster inclusive language:** Build awareness of how language can include or exclude, and why kindness matters.
- **Make it collaborative:** Encourage group games, partner reflection, and teamwork activities to strengthen relationships.

### Year 3-4 is all about:

- Understanding thoughts, feelings & behaviours
- Using strengths in real-life situations
- Practising fairness and inclusion
- Resolving conflict respectfully
- Knowing when and how to get support

