

Personal Social Health Economics

Year 3 Knowledge Organiser



Great Moor Junior School
"Learning Together"
Respect, Kindness, Tolerance, Responsibility, Co-operation

Living in the Wider World

Rules, Rights & Responsibilities

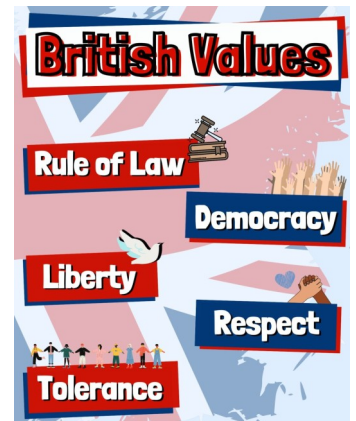
- Rules help keep us **safe, fair, and happy**.
- Everyone has **responsibilities** at home and school (like tidying or taking turns).
- We all have **rights**, like the right to feel safe and to learn.

Money and Economic Understanding

- Money is used to **buy things** we need and want.
- People get money by **working in jobs**.

Community and Participation

- A community is a group of people who **live, learn, or work together**.
- We belong to many groups - school, clubs, teams, families.
- We can all **help others** by being kind and sharing.



Relationships

Families and Different Relationships

- Families can be **different**, but all families should make you feel **safe and loved**.
- It's okay for other people's families to not look like yours.

Friendships and Respectful Relationships

- A good friend is someone who is **kind, listens, and includes others**.
- Sometimes friends fall out - we can talk it through and say sorry.

Safe Relationships

- You can say **"no"** if someone does something that makes you uncomfortable.
- Your **body belongs to you** - and others should respect that.
- You should **tell a trusted adult** if something feels wrong or confusing.



Health and Wellbeing

Mental Health and Emotional Wellbeing

- We all feel **happy, sad, angry or scared** sometimes - that's normal.
- You can talk about your feelings with people you trust.
- Doing calm things (drawing, playing, breathing deeply) can help when you're upset.

Physical Health and Lifestyle

- Eating healthy food, drinking water, getting sleep and moving your body helps you stay well.
- Washing your hands and brushing your teeth helps stop you getting ill.

Keeping Safe

- Know who your **trusted adults** are - at school and at home.
- Learn how to get help in an emergency (like calling 999).
- You must always be careful when crossing a road.



Living in the Wider World

Community	A community is a group of people who live, work, or spend time together and help each other.
Democracy	Where everyone gets a say in how things are done, and people choose their leaders by
Stranger	Someone I don't know—even if I have seen them before.
Career	The long-term journey of work, learning, and experiences a person does throughout their life.

Relationships

Bullying	To cause repeated physical or emotional pain to someone.
Stereotype	A view or idea about something or someone which can be untrue.
Diversity	Diversity means that people are all different in special ways, like their looks, ideas, cultures, or abilities, and that makes the world more interesting and fun.

Health and Wellbeing

Mental Health	Mental health is about how we feel inside – in our hearts and our minds.
Hazard	Something that can cause harm—link to road safety

Jack's Toolbox

Blue Zone Tools

- Active mile
- Go Noodle
- Talking it out
- Brain break
- Lion's breath breathing

Green Zone Tools

- Box breathing
- visual timer
- make a plan
- use Secrets of Success
- use talk partner
- Quiet zone to work

Yellow Zone Tools

- Worry box or time to talk
- talk it out
- Positive talk
- Breaking tasks down

Red Zone Tools

- Bubble breathing
- Quiet time
- Sensory room
- Calm down fidget
- talking it out