YEAR 3 • PSHE • UNIT 4

Don’t Hold On to What’s Wrong!

How can we respond to hurt and rebuild trust?

What we need to know

- A helpful apology says what happened, takes responsibility and offers to put things right.
- After a disagreement, pause and choose a response. You might explain how you feel, give each other space or ask an adult for help.
- Hurt feelings can take time to settle. You can choose to forgive when you feel ready and still ask for help to keep yourself safe.
- Trust grows when people keep promises and act honestly. Rebuilding trust takes time and steady actions.
- A stereotype is a fixed idea about a group. Anyone can enjoy activities such as football, dancing or drawing.

Key words

apology saying sorry and taking responsibility

forgiveness choosing to let go of some hurt or anger

trust believing that someone will be honest or keep their word

stereotype a fixed idea about what people in a group are like

Can you remember?

1. What makes an apology helpful?
2. Name a safe choice after a disagreement.
3. How can someone rebuild trust?
4. Give an example of a stereotype you could challenge.

Sources | HeartSmart · Year 3 curriculum overview