

Goonhavern Primary School- PSHE

TOPIC: How can we Manage our Feelings?

YEAR: Four

STRAND: Health and Wellbeing

What should I know already?	What will I know by the end of the unit?
<p>From Year 2:</p> <ul style="list-style-type: none"> • How to recognise, name and describe a range of feelings. • What helps them to feel good, or better if not feeling good. • How different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group). • How feelings can affect people in their bodies and their behaviour. • Ways to manage big feelings and the importance of sharing their feelings with someone they trust. • How to recognise when they might need help with feelings and how to ask for help when they need it. 	<ul style="list-style-type: none"> • How everyday things can affect feelings. • How feelings change over time and can be experienced at different levels of intensity. • The importance of expressing feelings and how they can be expressed in different ways. • How to respond proportionately to, and manage, feelings in different circumstances. • Ways of managing feelings at times of loss, grief and change. • How to access advice and support to help manage their own or others' feelings.

Vocabulary

Positive feelings	Experiencing emotions like happiness, excitement, joy, hope, and inspiration is vital for anyone who wants to lead a happy and healthy life.
Negative feelings	Negative emotions can be described as any feeling which causes you to be miserable and sad. These emotions make you dislike yourself and others, and take away your confidence. Emotions that can become negative are hate, anger, jealousy and sadness.
Wellbeing	The state of being comfortable, healthy, or happy on the outside and on the inside - 5 ways to well being.

