



### Key Facts

- There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- Mental wellbeing is a normal part of daily life, in the same way as physical health

### I will learn the following new words/phrases:

<b>Feelings</b>	<i>Emotions, such as love, anger, joy and fear.</i>
<b>Emotions</b>	<i>Strong feelings.</i>
<b>Physical health</b>	<i>The well-being and overall condition of your body.</i>
<b>Mental health</b>	<i>Emotional, psychological, and social well-being.</i>
<b>Strategies</b>	<i>A plan of action designed to achieve a long-term or overall aim.</i>

### By the end of these topics, I should:

- recognise our thoughts, feelings, and emotions, and identify the differences between those that feel good and those that feel not so good
- describe how we can support others who feel lonely, jealous, or upset
- recognise that we can choose how we act on our emotions and understand that our choices and actions can affect ourselves and other people
- demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as loneliness and jealousy

### Ask me a question!

- Who can help us if we feel worried about ourselves or someone else?
- How can you manage the feeling of jealousy?
- If someone you know is experiencing jealousy, how could you help them?
- Can you name some benefits of having different types of friends?





## Key Facts

- It is important to recognise and talk about your emotions
- There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- It is important to judge whether what you are feeling and how you are behaving is appropriate and proportionate

## I will learn the following new words/phrases:

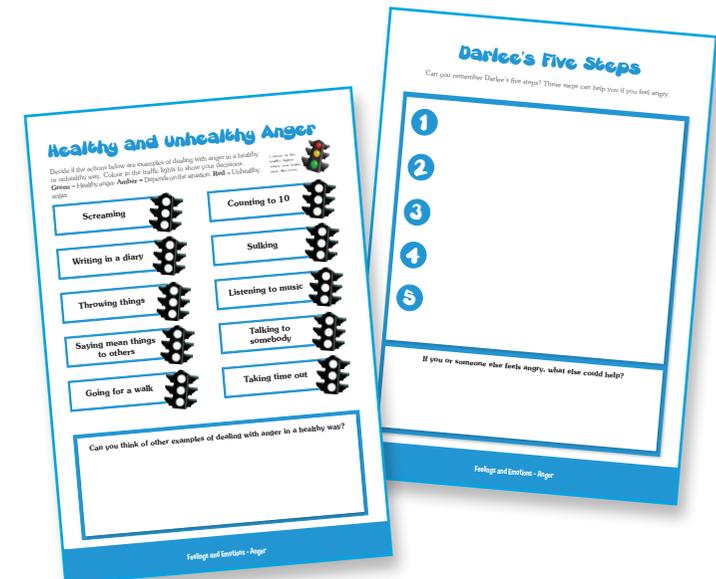
Displeasure	Feeling annoyed, dissatisfied, or disappointed.
Annoyance	Something that annoys or irritates someone.
Hostility	The state of being unfriendly or full of hate.

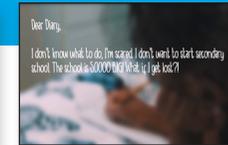
## Ask me a question!

- Can you describe the feeling of anger?
- How can we manage the feeling of anger in a positive, healthy way?

## By the end of these topics, I should:

- recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant
- explain how feelings can be communicated with or without words
- recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people
- demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as anger





### Key Facts

- Families are important for children growing up because they can give love, security and stability
- There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- It is important to judge whether what you are feeling and how you are behaving is appropriate and proportionate
- Mental wellbeing is a normal part of daily life, in the same way as physical health

### I will learn the following new words/phrases:

<b>Worry</b>	To feel anxious or troubled over actual or potential problems.
<b>Anxious</b>	Feeling worried, nervous, or afraid about something certain or uncertain.
<b>Troubled</b>	Having problems or difficulties. Feeling nervous or worried.
<b>Positive action</b>	Doing something that results in a good or beneficial outcome
<b>Prepare for change</b>	To make or get ready for something different.
<b>Mindfulness</b>	Slowing down to really notice what you're doing.
<b>Strategies</b>	A plan, method, or series of actions meant to perform a particular goal or effect.
<b>Managing emotions</b>	To look after and make decisions about your feelings.

### By the end of these topics, I should:

- recognise our thoughts, feelings, and emotions
- identify how we can reduce our feeling of worry
- explain how we can support others who feel worried
- recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people

### Ask me a question!

- How can you manage feelings of worry?
- If someone you know is feeling worried, what could you do to help?
- Who could you talk to to help you manage a difficult emotion?

