

Overview:

During this sequence of learning, pupils will develop an understanding of the different situations that can make children in school feel happy, sad, or angry and also consider what they could do to help them. Pupils will develop an understanding of the importance of sharing their feelings and also how people might react differently when experiencing different feelings. By learning to name and share their emotions, pupils build confidence in expressing themselves, which supports a strong sense of self-worth and emotional safety. Pupils will consider what makes them special, and understand that everyone is unique and has things about them that make them special.

What should I already know?

- Self-care means looking after my body and my feelings.
- I can take care of myself by washing, brushing my teeth, sleeping well, and keeping clean.
- Exercise helps my body grow strong and healthy.
- Moving my body can make me feel happy and full of energy.
- Eating healthy food gives my body the energy it needs.
- Healthy choices like fruit, vegetables, and water help me feel strong and focused.

What will I know by the end of the unit?

- Different things can make me feel happy, sad, or angry.
- Everyone has these feelings, and it's okay to feel them.
- If I feel upset, angry, or sad, I can take deep breaths or talk to a trusted adult.
- I can ask for help when I don't know what to do.
- Sharing my feelings helps people understand me.
- I can talk about feelings that feel comfortable and also feelings that feel uncomfortable.
- Talking about my feelings can help me feel better.
- Using words is a safe and kind way to show how I feel.
- Saying "I feel sad" or "I feel angry" helps others know what I need.
- Self-worth means knowing I am important and special.
- Empathy means trying to understand how someone else feels.
- I can show empathy by being kind and listening to others.
- Feelings can change how my body feels, like a fast heartbeat when I'm scared or butterflies when I'm excited.
- I am unique because of the things I like, the way I think, and the way I act.

Vocabulary:

Empathy

Sharing another person's feelings.

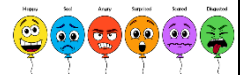


Happy

A feeling of joy or pleasure.

Feelings

A type of emotion.



Comfortable

Feeling calm and at ease.

Uncomfortable

A feeling of discomfort.

self-worth

Being good enough and worthy of love and belonging.

special

Being different from others.

unique

Being the only one of its type.



