

Overview:

During this sequence of learning, pupils will consider their own feelings and what they can do if change is making them feel sad or worried. They will also consider the feelings of others and learn that people experience and react to change in different ways. Pupils will begin to think about how their actions can impact their physical health and the importance of looking after their physical health. Pupils explore the risks of video games with a focus on well-being related harms such as extended screen time, contact with strangers and video game addiction. Pupils will begin to think about how their actions can impact their health and the importance of looking after their physical and emotional health. Pupils will learn that taking a break is a positive step that can make us feel better, more energised and even improve our mood. Pupils will begin to think about the decisions they make leading up to bedtime and how these may help them get better rest.

What should I already know?

- 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.

What will I know by the end of the unit?

Vocabulary:

React

To act, or feel a certain way, in response to something.

Self-worth

Being good enough and worthy of love and belonging

Empathy

 Sharing another person's feelings.

Healthy diet

A special selection of food and drink to improve one's health

Exercise

Activity done to keep the body or mind strong or to make them stronger

Hygiene

The practice of keeping clean to stay healthy and prevent disease

Video games

A game played on a television or computer in which players control what happens

• Change means when something in my life becomes different. • Change can make me feel happy, excited, sad, or worried. • Self-worth means knowing I am important and special. • Empathy means trying to understand how someone else feels. • Looking after my body helps me stay healthy and strong. • I can care for my body by eating healthy food, exercising, and keeping clean. • Eating good food gives me energy. • Exercise helps my body stay strong. • Some video games can be fun, but they can also be risky if I play too long or talk to strangers. • Being healthy means looking after my body and my feelings. • Physical health is about my body. • Taking breaks helps my brain and body rest. • Breaks help me stay calm, focused, and happy. • sleep helps my body grow and stay strong. • Rest helps me feel calm and ready for the next day.	Decisions	The act or result of making up one's mind
	Rest	The need to sleep, lie down, or stop doing things for a while