

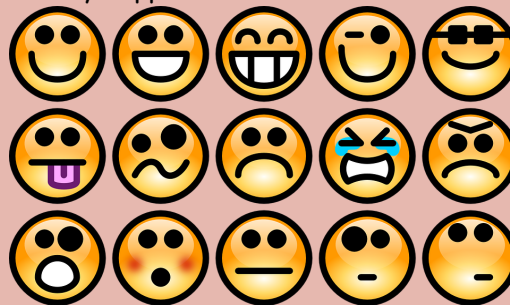
What I should already know : Name emotions and feelings

**Enquiry Questions**

- Can we name a basic range of feelings and the strength of our feelings?
- Do we know what might prompt different feelings in ourselves and others and understand that our emotions and actions can have an effect on ourselves and others?
- Can we understand the difference between impulsive behaviour and that which is thought through and what both might feel and look like?
- Do we know how to get support when we need it?
- Can we talk about personal gifts and talents; what we are good at and also what we find more difficult?
- Can we understand that we can do things to help change our mood and that this may be helpful?

**Key Vocabulary**

**emotions** - a feeling such as happiness, love, fear, anger, or hatred  
**family** - a group of related living things  
**feelings** - an emotional state or reaction.  
**friends** - person that someone likes or knows  
**friendship** - a relationship two or more people can have with one another  
**Network of support** - people in your life who can offer practical and emotional support  
**personal space** - the area immediately surrounding your body  
**problem solving** - finding a path to reach a goal when the path is uncertain  
**relationships** - how two or more people are connected  
**special** - different from others; unique  
**support** - to help someone  
**truthfulness** - saying how something really is or how it really happened



**PSHE Skills**

- Pupils will be taught:**
- be able to describe how they are feeling, including how strong that feeling is.
  - be able to recognise feelings in others.
  - have developed some strategies to deal with their own strong emotions, including calming and relaxing themselves.
  - know that there is a link between thoughts, feelings and behaviour.
  - begin to understand that how they feel can affect how they approach tasks, including learning, and have some strategies for regaining a positive frame of mind
  - have developed some understanding of the difference between behaviour which is impulsive and that which is considered.
  - know what it feels and looks like to be assertive.

