

PSHE – My Emotions

What I should already know: I know what I am good at and what is special about me. I know how to stand up for myself. I can name some different feelings. I can describe situations in which I might feel happy, sad or cross. I know how my feelings and actions affect others. I can manage some of my emotions and associated behaviours. I know the different ways people might relax and what helps me to feel relaxed. I know who I can share my feelings with.

Enquiry Questions

- How can I communicate my emotions?
- Why is mental wellbeing as important as physical wellbeing?
- Why is it important to accept and feel proud of who we are?
- What does it mean to have a 'strong sense of identity' & 'self-respect'?
- How and from whom do I get support when things are difficult?

Key Vocabulary

Aggressive – Mean and unfriendly in your actions; ready to argue or start fights.

Assertive – Having and showing a confident personality; having a strong sense of yourself and your value and believing that you deserve to get what you want.

Emotions – Strong feelings such as joy, hatred, sorrow, or fear. When you feel an emotion, there are physical changes, such as an increase in pulse, crying or trembling.

Identity – All of those things by which a person is known or is considered as being.

Isolation – Living or being away from other people for a short or long period.

Loneliness – Being or feeling alone; may often be associated with negative feelings.

Mental health - How "well" and healthy somebody feels in their feelings and emotions.

Over-reacting – To respond or react too strongly.

Self-respect – Having a good and proper liking for yourself and your worth as a person.

Unique – Being the only one of its kind, having no equal, different from everything else.

Wellbeing – The condition of being healthy, happy and comfortable.

PSHE Skills

Pupils will: (Blue = Y5)

- Be able to recognise and communicate how they are feeling. /Be able to use a range of vocabulary to describe different emotions in themselves and others, including mixed emotions.
- Be able to recognise and describe feelings in others, using non-verbal as well as spoken cues.
- Have developed some strategies to deal with their own strong emotions and with feeling overwhelmed. /Understand that we are responsible for our actions, although not for our feelings.
- Know that there is a link between thoughts, feelings and behaviour.
- Understand that how they feel can affect how they approach and tackle tasks and have some strategies for remaining positive./ Be able to explain what is meant by mental wellbeing, and describe how mental health can vary and how common mental ill health is.
- Have developed some understanding of the 'fight or flight' response and how this can affect behaviour.
- Begin to use a simple problem solving process, sometimes independently, and have some strategies to solve a problem. / Be able to describe some self-care strategies and say which ones tend to work for them.
- Know what it feels and looks like to be assertive and when it might be appropriate.
- Understand what is meant by loneliness and suggest some ways to manage feelings of isolation or loneliness.
- Explain the concepts of identity and self-respect.
- Be able to suggest when they might need to seek help, who to approach, and how they might do this.

Useful images

Express Your Feelings



Mental health
is just as
important as
physical health

Be proud
of who you are and
not ashamed of
how someone else
sees you.

tinybuddha.com

sense of self

*the way a person thinks
about and views his or her
traits, beliefs, and purpose
within the world*



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