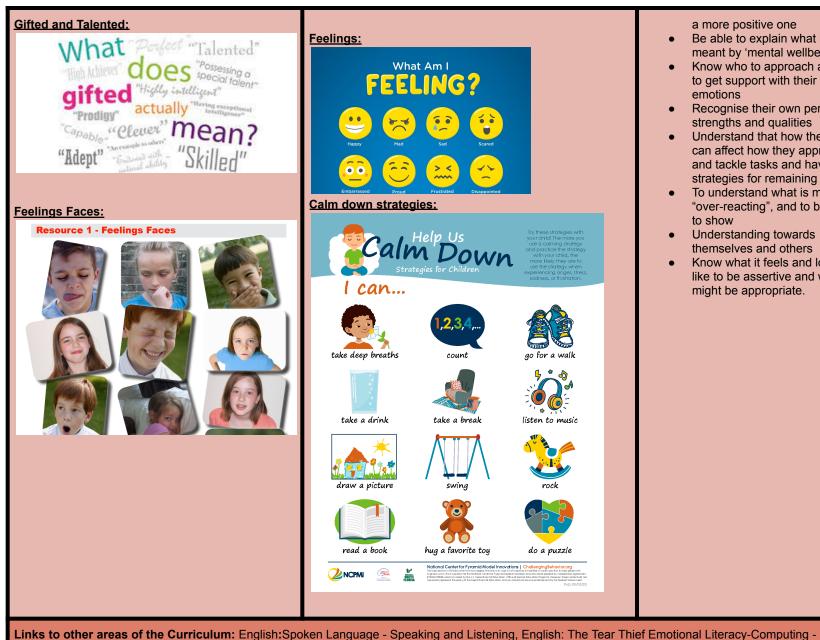
Year 2/3 - Woodpeckers

## **PSHE - My Emotions**

Autumn 2 2023

What I should already know : I can name some emotions and feelings and talk about times where I have felt happy, sad, angry etc. Children have previously taken part in Anti Bullying sessions where they have looked at how emotions and feelings can cause unkindness. **PSHE Skills** Enquiry Questions: **Key Vocabulary** Actions: a thing done; an act. Can we recognise different feelings and Year 2: emotions and think about what might Affect: To have an affect on something or someone. Be able to describe how they prompt feelings? Can we understand Example: Your attitude will affect how successful you are. are feeling, including how how our emotions and actions affect strong that feeling is Behaviour: They way we act and conduct ourselves Be able to recognise feelings in ourselves and others? towards others. others  $\sim$ Can we understand the difference Have developed some between impulsive behaviour and that Consequence: A result or effect of an action. strategies to deal with their own which is thought through? strong emotions, including Comfortable: being in a state of physical or mental comfort; calming and relaxing Can we develop strategies to deal with contented and undisturbed; at ease:I themselves our own strong emotions and think Know that there is a link about ways to get support when we Emotion: A natural state of mind that comes from between thoughts, feelings and need it? somebody's circumstances, their mood or their relationship behaviour with others. Begin to understand that how Can we talk about personal gifts and they feel can affect how they talents; what we are good at and also Feelings: An emotional state or reaction. approach tasks, including what we find more difficult? learning, and have some Impulsive: Acting or speaking without thinking about it first. strategies for regaining a Can we understand that it is possible to positive frame of mind. affect our behaviour by stopping and Support: To help. Have developed some thinking about what we are doing? understanding of the difference Types of emotion: Thoughts: Our ideas and opinion produced by us thinking. between behaviour which is impulsive and that which is **Types of Basic Emotions** Mental health: a state of mental well-being that enables considered people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. Year 3: Be able to recognise and Uncomfortable: f you are uncomfortable, you are slightly communicate how they are worried or embarrassed, and not relaxed and confident. feeling 3. Fear Be able to recognise and describe feelings in others, and show care towards them Have developed some strategies to be able to move from an uncomfortable state to 4. Disaus



cyberbullying. PSHE: Anti Bullying Week.

a more positive one

- Be able to explain what is • meant by 'mental wellbeing'
- Know who to approach and how to get support with their emotions
- Recognise their own personal ٠ strengths and qualities
- Understand that how they feel ٠ can affect how they approach and tackle tasks and have some strategies for remaining positive
- To understand what is meant by ٠ "over-reacting", and to be able to show
- Understanding towards • themselves and others
- Know what it feels and looks like to be assertive and when it might be appropriate.