



## PSHE – My Emotions

**What I should already know:** I know how I can communicate my emotions and why mental wellbeing is as important as physical wellbeing. I know it is important to accept and feel proud of who we are and what it means to have a 'strong sense of identity' & 'self-respect'. I know where to get support if I am struggling with my emotions.

### Enquiry Questions

- How do I manage strong emotions?
- How can I make mental wellbeing a normal part of daily life in the same way as physical wellbeing?
- How common is mental health and what self care techniques can I use? (2 sessions)
- What is meant by loneliness and how can I manage feelings of isolation or loneliness?
- What does it mean to have a 'strong sense of identity' & 'self-respect'?

### 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.  
**Depression** - sadness, or a low mood that does not go away  
**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.  
**Overwhelmed** - When you feel smothered by your thoughts or emotions to the point that you feel that you cannot function. A very intense emotion  
**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:

- Be able to describe complex and mixed emotions in themselves and others.
- Be able to explain what is meant by mental wellbeing, and describe how mental health can vary and how common mental ill health is.
- Be able to describe some self-care strategies and say which ones tend to work for them.
- Understand what is meant by loneliness and suggest some ways to manage feelings of isolation or loneliness.
- Suggest ways of boosting self-respect.
- Explain the concepts of identity and self-respect.

**Useful images**

Mental health is just as important as physical health

DOODLES FIRST clipart

it's okay  
not to  
be okay

you are  
ENOUGH

be  
happy







think  
POSITIVE

be  
awesome

mental  
health  
matter

If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely!

Road Dahl

 <p><b>JOY</b></p> <p>JOYFUL INTERESTED PLAYFUL CONFIDENT LOVING SENSITIVE COURAGEOUS HOPEFUL</p>	 <p><b>SADNESS</b></p> <p>SAD BORED SLEEPY UNHAPPY IGNORED GUILTY LONELY ALONE</p>
 <p><b>SURPRISED</b></p> <p>STARTLED CONFUSED AMAZED EXCITED SHOCKED ASTONISHED EAGER DISMAYED</p>	 <p><b>ANGER</b></p> <p>MAD JEALOUS EMBARRASSED FURIOUS IRRITATED WITHDRAWN FRUSTRATED SKEPTICAL</p>
 <p><b>DISGUST</b></p> <p>AWFUL DISAPPOINTED HESITANT REVOLTED LOATHING JUDGEMENTAL</p>	 <p><b>FEAR</b></p> <p>HUMILIATED REJECTED WORTHLESS INSECURE ANXIOUS SCARED</p>

HOW ARE YOU FEELING TODAY?

**A to Z of coping skills**



**A TO Z OF COPING SKILLS**

<b>A</b> ASK for help	<b>B</b> BREATHE deeply and slowly	<b>C</b> COUNT forwards or backwards	<b>D</b> DRINK some cold water
<b>E</b> EXERCISE run, jump, skip, kick a ball or walk fast	<b>F</b> FIND a safe place	<b>G</b> GO to your happy place	<b>H</b> HUG a friend or family member
<b>I</b> IGNORE people who are annoying you	<b>J</b> JOKES To help you laugh	<b>K</b> KIND hands. Keep them to yourself	<b>L</b> LISTEN to calming music
<b>M</b> MEDITATE use yoga or mindfulness	<b>N</b> NAME the emotion you are feeling	<b>O</b> OBSERVE Use mindfulness techniques	<b>P</b> PAINT your feelings
<b>Q</b> QUESTION your thoughts	<b>R</b> RUN as fast as you can	<b>S</b> SEPARATE yourself from the situation	<b>T</b> THOUGHTS negative to positive
<b>U</b> USE your safe place	<b>V</b> VOICE your concerns	<b>W</b> WRITE down your feelings	<b>X</b> EXHALE breathe out your feelings
<b>Y</b> YELL as loud as you can into a pillow	<b>Z</b> ZONE out and relax yourself		

**Links to other curriculum areas:** Speaking and Listening – Communicating clearly and appropriately to different audiences. PE - physical health