

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
What different emotions can I feel?	When do I feel these emotions?	What happens when I feel these emotions?	When might we need support with our emotions?	Who can support us with our emotions?	How can we support others with their emotions?

<p><b><u>Vocabulary</u></b></p> <p>Emotions Managing Positive Negative Expression Body Language Communicate Happy Joyful Sad Upset Angry Frustrated Calm Loss</p>	<p><b><u>Intended outcomes:</u></b> Children will learn:</p> <p>How feelings can affect people’s bodies and how they behave</p> <p>How to recognise what others might be feeling</p> <p>To recognise that not everyone feels the same at the same time, or feels the same about the same things</p> <p>Different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don’t feel good</p> <p>To recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it</p> <p>About change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better</p>	<p><b><u>Previous Learning:</u></b></p> <p>In year 1, children discuss the different feelings that humans can experience and how to recognise and label these.</p> <p><b><u>Preparing for:</u></b></p> <p>Changes in feelings in year 4 and managing their emotions throughout our school and in life beyond education.</p> <p><b><u>Bespoke to our school:</u></b></p> <p>A higher than average proportion of children in our school have experienced bereavement of family members and/ or friends. Understanding how to deal with these emotions</p>
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<p><b><u>Resources/ actions</u></b></p> <p>Emotion pictures (Emojis)</p> <p>Reverend Julie in to talk to the children about loss/ bereavement</p> <p>See SF / Lisa/ BMJ for children stories/ books to explore bereavement</p>
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