

Sequence of Learning			
What can affect my feelings and emotions? <ul style="list-style-type: none"> • Hormones • Friendships • Families • Changes or loss 	How can my feelings range in intensity?	How can I manage my emotions and react appropriately and proportionately?	How can I express and communicate my feelings in a healthy way?

<p><u>Vocabulary</u></p> <p>Emotions Managing Positive Negative Expression Body Language Communicate Happy Joyful Sad Upset Angry Frustrated Calm Loss Bereavement Grief Behaviour Interaction Socialising Hobbies</p>	<p><u>Intended outcomes:</u> Children will learn:</p> <p>To recognise that feelings can change over time and range in intensity</p> <p>About everyday things that affect feelings and the importance of expressing feelings</p> <p>A varied vocabulary to use when talking about feelings; about how to express feelings in different ways;</p> <p>Strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations</p>	<p><u>Previous Learning:</u> In Year 3, children learnt strategies to promote their own positive mental health. In this unit of work they will begin to recognise certain triggers that may cause them to feel a given emotion.</p> <p><u>Preparing for:</u> The “mads, sads and glads” that they may experience during puberty. Exploring how different people may react differently to different scenarios in Year 5 and taking a greater level of ownership and independence over managing their emotions and behaviour as they progress into adolescence and adulthood.</p> <p><u>Bespoke to our school:</u> Recognising where many families are supported with their mental health and where children will benefit from explicit discussions about, and role modelling of, positive mental health and sharing of emotions. High levels of bereavement mean that children need to be able to recognise, articulate, manage and feel supported with a range of emotions.</p>
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<p><u>Resources/ actions</u></p> <p>Reverend Julie to discuss grief and bereavement</p>
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