

Sequence of Learning					
What can affect my feelings and emotions?  •Hormones •Friendships •Families •Changes or loss  How can this make me feel?	How can these emotions present themselves?	Who can support me with these emotions?	What can I do to help myself to feel better?	What signs could there be that someone is struggling to manage their emotions?	How can I support others during difficult times?

<p><b><u>Vocabulary</u></b></p> <p>Emotions                  Managing                  Positive                  Negative                  Expression                  Body Language                  Communicate                  Happy                  Joyful                  Sad                  Upset                  Angry                  Frustrated                  Calm                  Loss                  Bereavement                  Grief                  Counselling                  Therapy</p>	<p><b><u>Behaviour</u></b></p> <p>Interaction                  Socialising                  Hobbies                  Endorphins                  Mind set</p>	<p><b><u>Intended outcomes:</u></b>                  Children will learn:</p> <p>About change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement</p> <p>Problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools</p>	<p><b><u>Previous Learning:</u></b> In Year 4, children explored the triggers that can incite certain emotions.</p> <p><b><u>Preparing for:</u></b> Being emotionally intelligent throughout their secondary education and in the world of work.</p> <p><b><u>Bespoke to our school:</u></b> Compliments the transferrable “World of Work” skills that children develop as part of their Year 6 careers project and close work with the local businesses which are linked to the school.</p>
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<p><b><u>Resources/ actions</u></b></p> <p>Reverend Julie to come in to explain strategies for supporting ourselves and others with grief and bereavement</p>
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