

Sequence of Learning					
What different emotions can I feel?	Can I recognise and name different emotions?	How can feelings affect peoples' bodies and how they behave?	How can I share and describe my feelings and emotions to an adult?	What different things can I do to make me feel good?	Can I recognise when I need help with my feelings and how to ask for it? Can I recognise different things I can do to manage big feelings and to help me to calm down?

**Vocabulary**

Emotions  
 Managing  
 Positive  
 Negative  
 Expression  
 Body Language  
 Communicate  
 Happy  
 Joyful  
 Sad  
 Upset  
 Angry  
 Frustrated  
 Calm

**Intended outcomes:**

Children will learn:

- About feelings that humans can experience
- How to recognise and name different feelings
- How feelings can affect peoples' bodies and how they behave
- About ways of sharing feelings; a range of words to describe feelings
- About things that help people feel good (eg. Playing outside, doing things they enjoy, spending time with family, getting enough sleep)
- 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
- To recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it

**Previous Learning:**

In EYFS the children learn about managing emotions and knowing how others may feel.

**Preparing for:**

Managing emotions in year 2, changes in feelings in year 4 and managing the emotions throughout our school and beyond.

**Bespoke to our school:**

As part our vision to prepare children for the world of work, children will understand the need to manage their emotions effectively in order to contribute positively to, and excel within their place of work.

**Resources/ actions**

N/A