

## How do we recognise our feelings?

**British values:** Respect, Individual liberty

### **Knowledge**

- how to recognise, name and describe a range of feelings
- what helps them to feel good, or better if not feeling good
- how different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group)
- how feelings can affect people in their bodies and their behaviour
- ways to manage big feelings and the importance of sharing their feelings with someone they trust
- how to recognise when they might need help with feelings and how to ask for help when they need it

### **Social and emotional skills**

- Recognise a range of emotions and how they can be expressed (fear, anger, happiness and sadness)
- know how people around them may display their emotions
- Know strategies to support their emotions (self-regulation)

### **Key questions**

- Can you give 3 examples of different emotions?
- How may you or someone else show this emotion?
- What can you do to support this emotion?
- Why is it important that we try to share our emotions? (*mental health*)
- Who can you go to for help if you need it?

**Key Vocabulary:** Proud, Pleased, Emotions, Feelings, Fears, Worries, Solutions, Support, Rights, Behaviour, Rewards, Consequences, Actions, Fairness, Choices,

**Linked text**

