

## How do we manage our feelings?

**British values:** Respect, Individual liberty

- how everyday things can affect feelings
- how feelings change over time and can be experienced at different levels of intensity
- the importance of expressing feelings and how they can be expressed in different ways
- how to respond proportionately to, and manage, feelings in different circumstances
- ways of managing feelings at times of loss, grief and change
- how to access advice and support to help manage their own or others' feelings

### Social and emotional skills

- Recognise a range of emotions and how they can be expressed by themselves and others
- know how people around them may display their emotions
- know the impact of their actions on others
- Know strategies to support their emotions (self-regulation)
- Develop compassion and empathy for others.

### Key questions

- What are emotions? Can you name some different ones?
- What can you do to support someone else's emotions?
- 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, self-regulation, mindfulness, mental health,

### **Linked text and resources**

**Gonoodle – Breathing techniques, mindfulness activities**

**(Young minds – Beano – understanding and managing emotions**



