

PSHE AT KINGSLEY: Year 2



Topic: Health and Well Being (Feelings; mood; times of change; loss and bereavement; growing up)

Question: *How do we recognise our feelings?*

Learning Expectations:

In this unit of work pupils will learn:

- 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

Programme of Study References:

H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H24, H27

Key Websites:

[PSHE Association – Mental health and wellbeing lessons \(KSI\)](#)

[I decision \(5-8\) – Feelings and emotions f](#)

Cross Curricular:

Literacy

History

Prior Knowledge: children to have basic vocabulary for discussing and describing feelings and emotions.

Future Knowledge: understand that feelings can change over time. How to manage feelings and know who to speak to if needed. How to express feelings in different ways.

Essential Knowledge:

Having happy thoughts can make me feel good.

I have a choice about how I react to different situations.

Certain triggers set off certain emotions in me.

Key Vocabulary:

Mental health, resilience, positive feelings, negative feelings, grateful, mindful, positive, negative, good, bad, happy, sad, grumpy, complain, best, better, bright, emotions, attitude, thinking, thoughts, consequences, experiences, trusted adult, bereavement, loss.