



Topic: Health and Wellbeing (Feelings and emotions; expression of feelings; behaviour)

Question: **How Can We Manage Our Feelings?**

Learning Expectations:

- 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

Programme of Study References:

HI7, HI8, HI9, H20, H23

Key Websites:

[PSHE Association – Mental health and wellbeing lessons \(KS2 – Y3/4\)](#)

Cross Curricular:

Prior Knowledge: How different things, times and experiences can bring about different feelings. To recognise if you need help or support with feelings.

Future Knowledge: How to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and out of school

Essential Knowledge:

- To understand everyday things can affect how you feel.
- To understand that feelings can change over time.
- To understand how to deal with and express your feelings the correct way.
- To understand how to manage your feelings.
- To know where to go if you need support.

Key Vocabulary: Feelings, change, experience, time, intensity, expressing, advice, manage, positive, negative, good, bad, happy, sad, grumpy, complain, best, better, bright, feelings, emotions, attitude, thinking, thoughts, consequences, experiences.