<u>Year 5 Spring 2 PSHE Dealing with feelings</u>

Powerful knowledge/skills for this unit:

Pupils learn about

a wide range of emotions and feelings and how these are experienced in the body

• are able to name and describe a wide range and intensity of emotions and feelings

• understand how the same feeling can be expressed differently

recognise how emotions can be expressed appropriately in different situations

Times of change and how this can make people feel

• identify situations when someone may feel conflicting emotions due to change

• can identify ways of positively coping with times of change

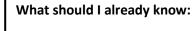
recognise that change will affect everyone at some time in their life

Pupils learn about the feelings associated with loss, grief and bereavement

• recognise that at times of loss, there is a period of grief that people go through

• understand there are a range of feelings that accompany bereavement and know that these are necessary and important

know some ways of expressing feelings related to grief



Different types of feelings

How to deal with set backs.

How to deal with put downs.



The end point:

To be able to say some strong feelings and emotions people might have

Big Question:

How might you feel in a time of change?

Key vocabulary

Conflict, change, emotion, loss, grief, bereavement

Zones of regulation



Mindmate Monday lesson

MindMate

Year 5 Autumn 1: Self-Belief

Lesson focus: I can do

Pupils should have the opportunity to...to develop self-awareness, doing the right thing understanding that their actions affect themselves & others