

Year 1 Spring 2 PSHE Feelings



PSHE

Powerful knowledge/skills for this unit:

We will learn about:

Different types of feelings

- can name different feelings (including good and not-so-good feelings)
- recognise that people may feel differently about the same situation
- can identify how different emotions look and feel in the body

Managing different feelings

- recognise that some feelings can be stronger than others
- can describe some ways of managing different feelings
- know when to ask for help

Change or loss and how this can feel

- are able to give an example of when people might experience change or loss
- can describe how people might feel when there is a change or loss
- recognise what they can do to help themselves or someone else who may be feeling unhappy

What should I already know:

How to Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. (ELG EYFS)

Big Question:

How are you feeling?

The end point:

For children to feel confident identifying and talking about their feelings.

Key vocabulary

Worried, Excited, Nervous, Angry, Same, Different, Emotion, Loss, Challenge, Different

Zones of regulation



Mindmate Monday lesson



Year 1 Spring 2 Strong emotions

Recognise what is fair/ unfair right/wrong I know when someone is being unkind, including myself

Pupils should have the opportunity to:

Recognise what is fair & unfair, kind & unkind, what is right & wrong, learn what to do when someone is unfair or unkind