

Year 4 Spring 1 How can we manage our feelings? Theme :Health and wellbeing Feelings and emotions; expression of feelings; behaviour		
PoS Core theme 1 Health and wellbeing	Core theme 2 Relationships	Core theme 3 Living in the wider world
Mental health H17. to recognise that feelings can change over time and range in intensity H18. about everyday things that affect feelings and the importance of expressing feelings H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways; H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement		
Prior Learning: Year 2 Summer 2 How do we recognise our feelings		
End points :- <ul style="list-style-type: none"> • 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 		

Key vocabulary



Emoji I feel cards.pdf

Word mats with synonyms for emotions and barometer to identify intensity

Relationship education, relationships and Sex education RSE and Health education statutory guidance

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Relationships Education, Relationships and Sex Education (RSE) and Health Education
Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers

Physical health and mental well being : Primary

Mental well being
Pupils should know
Mental well being is a normal part of daily life same way as physical health
Normal range of emotions including happiness, sadness, anger, fear, surprise, nervousness, and scales of emotions that all humans experience in relation to different experiences and situations
Recognise and talk about their emotions –including having a varied vocabulary of words to use when talking about their own and other’s emotions
How to judge whether what they are feeling and how they are feeling is appropriate and proportionate
Where and how to seek support (including recognising triggers for seeking support)– who to speak to in school if they are worried about their own or someone else’s mental well being, or ability to control their emotions (including issues arising on line)

Citizenship	Character Education –	British values	Careers Curriculum
	Beamont core values	Rule of Law	
	Aspiration	Tolerance and respect	
	Belonging	Democracy	
	Compassion	Individual Liberty	
	Respect	Protected Characteristics Equality Act	

Spiritual	Moral	Social	Cultural
ability to be reflective about their own	ability to recognise the difference between	use of a range of social skills in different	understanding and appreciate the range of

<p>beliefs (religious or otherwise) and perspective on life</p> <p>knowledge of, and respect for, different people's faiths, feelings and values</p> <p>sense of enjoyment and fascination in learning about themselves, others and the world around them</p> <p>use of imagination and creativity in their learning</p> <p>willingness to reflect on their experiences</p>	<p>right and wrong and to readily apply this understanding in their own lives, recognise legal boundaries and, in so doing, respect the civil and criminal law of England</p> <p>understanding of the consequences of their behaviour and actions</p> <p>interest in investigating and offering reasoned views about moral and ethical issues and ability to understand and appreciate the viewpoints of others on these issues</p>	<p>contexts, for example working and socialising with other pupils, from different religious, ethnic and socio-economic backgrounds</p> <p>willingness to participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively</p> <p>acceptance and engagement with the fundamental British values</p>	<p>cultural influences that have shaped their own heritage and that of others</p> <p>understanding and appreciate the range of different cultures as an essential element of their preparation for life in modern Britain</p> <p>ability to recognise, and value, the things we share in common across cultural, religious, ethnic and socio-economic communities</p> <p>knowledge of Britain's democratic parliamentary system and its role in shaping history and values, and continuing to develop</p> <p>willingness to participate positively to artistic, musical, sporting and cultural opportunities</p> <p>interest in exploring, improving understanding and respect for different faiths and cultural diversity and to understand, accept and respect diversity.</p>
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Y4 Spring 1 How can we manage our feelings?

PSHE Association power points, resources linked to topic – click on the purple links to download

NB: You will need to be logged in to the PSHE Association to access resources

Spring 1 How can we manage our feelings?	Health and wellbeing Feelings and emotions; expression of feelings; behaviour PoS refs: H17, H18, H19, H20, H23	<ul style="list-style-type: none">• 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	PSHE Association – Mental health and wellbeing Winston's Wish – Loss and bereavement
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