

Curriculum overview

This topic will explore ways in which we experience feelings and how we manage and self-regulate them to have a healthy life.

Key vocabulary

Awareness	To have an understanding of something.
Feelings	This is how we react to something that we see, hear, remember or do. Feelings are also called emotions.
Self-regulate	To control something.
Proud	Feeling pleased about something good that you or someone else has done.
Nervous	To feel frightened or worried about something that is happening or might happen.
Guilt	A feeling because you have done some thing or think that you have done some thing wrong.

Helpful Books



Our topic is... **Exploring Emotions**



How to manage our feelings

Use your words



Ask for help



Say how you feel



Take deep breaths



Sticky knowledge

All people can experience anger, sadness, happiness, confusion and excitement.

When we are angry or frustrated, our body heats up, heart races and our face can redden.

They must find a trusted adult if they are struggling with their feelings.

Being outside, exercising, good sleep and talking to others is good for our health.

Deep breathing can lower your heart rate and calm your emotions.

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