

Curriculum overview

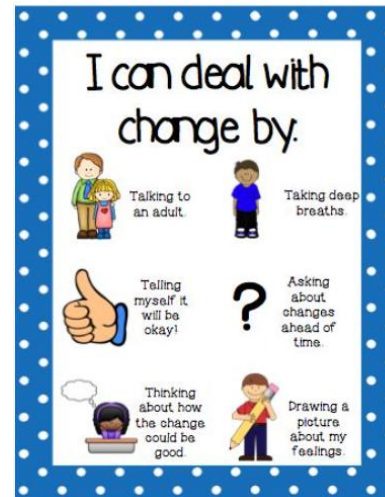
During this topic we will discuss change and loss, and how these can affect our feelings, thoughts and behaviours. We will recognise that feelings can change over time, and range in intensity and identify strategies for dealing with emotions, challenges and change.

Key vocabulary

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| Feeling | Emotions that we feel from within or inside ourselves. Feelings never remain the same for too long, they keep changing. |
| Transitions | To change from one state, stage, place or subject to another. |
| Intensity | The level of feeling of an emotion from weak to strong or extreme. |
| Connected | To share a deep bond or understanding, being comfortable to share your thoughts and feelings and be seen, heard and valued. |
| Challenged | When we are put under pressure to do something difficult or something new, that makes us feel strange or uncomfortable. |
| Comfort Zone | The space in your head where you feel safe. A place that doesn't stretch you beyond what you think you can do. You feel comfortable, confident. |
| Grounding Techniques | Exercises to manage your emotions and distract yourself from anxious feelings. |
| Bravery | Doing something in the presence of fear. |

Our topic is...

Changes



Sticky knowledge

- Change and loss can cause difficult and uncomfortable feelings.
- Feelings don't stay the same for too long they keep changing over time.
- Feeling connected to other people can support us with change and transitions.
- Grounding techniques can help to keep us calm.
- Bravery can mean doing things when we feel fearful.



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