

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 something or think that you have done something 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. This is the red zone.

They must find a trusted adult if they are struggling to regulate their zone.

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 when we are in the yellow, blue or red zone.

The Zones of Regulation

