

Curriculum Overview:

This unit helps children recognise and name different emotions, understand how feelings affect behaviour, and learn ways to manage them. Through stories, discussions and activities, children explore how to look after their emotional wellbeing and show kindness to others.

Key vocabulary

happiness	A feeling inside when we smile, laugh and enjoy things.
sadness	An unhappy feeling inside that might make us want to cry, be on our own or be quiet.
anger	A strong feeling we have when something feels unfair, frustrating or upset.
surprise	A feeling we get when something happens that we were not expecting.
fear	A feeling we get when something makes us feel scared.
disgust	A feeling we have when something seems unpleasant or makes us feel uncomfortable.
Trusted adult	An adult we know who helps to keep us safe and listens to us.

Our topic is...

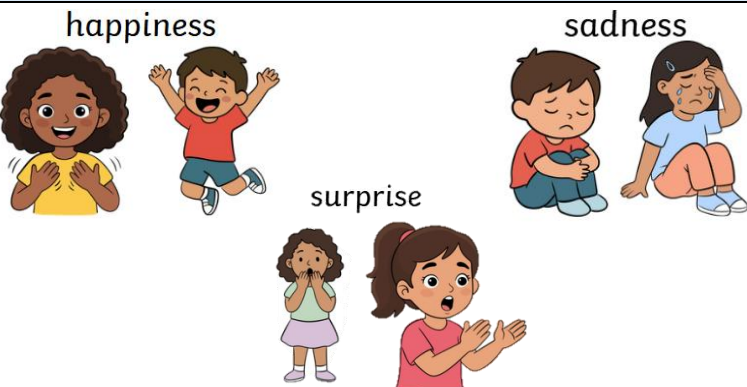
How can we look after our emotions?



Sticky Knowledge

- Everyone has different emotions, and all emotions are okay.
- Feelings can be small, medium or big and they can change.
- Our bodies can give us clues about how we are feeling.
- Talking to a trusted adult can help when we feel worried or upset.
- There are things we can do to help ourselves feel better, such as resting, relaxing or drawing.

Body clues



Emotions



Things that can help us relax

