

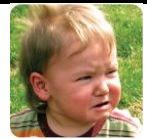


Vocabulary you will know...

Happy



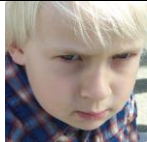
Sad



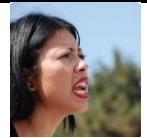
Worried



Angry



Frustrated



Excited



Key Learning

I can recognise and name different feelings.

I know that feelings can affect the way we think, feel and behave.

I can talk about how to recognise what others might be feeling.

I understand that not everyone feels the same about the same things.

I can name a range of words to describe feelings.

I can talk about things that help people's mental health.

I know some ways to manage big feelings.
I can recognise when I need help and understand how to ask for it.

Our PSHE Ground Rules

1. We will listen to each other.
2. We won't make fun of anyone.
3. You can pass when answering a question.
4. We know we can talk to our teacher or another adult in school, if we want to talk or need help.

We will learn through;

- Storybooks
- Puppets
- Role play
- Discussion

