

Title: Exploring Emotions

Year Group: 5

Term: Spring 2

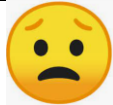
Vocabulary

feelings

emotions

conflicting emotions

anxious



worried



proud



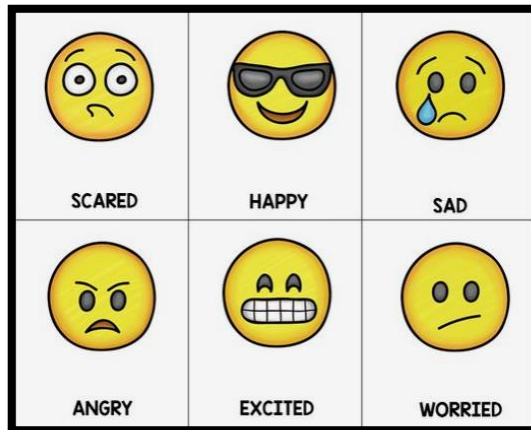
embarrassed



consequence

the result or effect of something that has happened.
Consequences can be positive and negative

In this PSHE Unit, we shall use role-play and scenarios to explore different feelings, behaviours and emotions. We shall consider conflicting emotions and why these can be confusing. We shall explore different strategies for dealing with emotions



Key Learning

- To identify the everyday things that affect feelings and the importance of expressing how we feel
- To use a varied vocabulary when talking about feelings and how we can express feelings in different ways
- To identify strategies that could be used to respond to feelings
- To identify strategies for dealing with emotions, challenges and change
- To recognise when someone might be struggling with their mental health and understand how to seek support for themselves and others

Key Questions:

Why is being able to name emotions important?

Why can conflicting emotions sometimes be a barrier or stop people from doing things?

What is a consequence?