

P.S.H.E. – Year 3 – Spring 2 – Dealing with feelings.

Vocabulary	Meaning
afraid	feeling fear.
angry	feeling or showing anger.
calm	a condition or freedom from disturbance; peace and quiet.
fearless	without fear; brave.
hated	to dislike very strongly; detest.
humble	not proud; modest.
lonely	without company; alone. empty of humans; deserted; lonesome.
loved	strong feelings of affection for another person.
popular	liked or enjoyed by many people.
proud	feeling pleased, satisfied and worthy because of something one owns or has done.
safe	providing protection from harm, loss or danger.
unsafe	dangerous to oneself or other people; not safe.

Skills

To be able to celebrate their own and others' skills, strengths and attributes.

To demonstrate a range of strategies for dealing with feelings and emotions.

To be able to recognise what they are feeling.

Books



Knowledge

Feeling Good, Feeling Sad

The main focus of this unit is to help children explore feelings and develop a core vocabulary to express their feelings. Through participating in the activities, and exploring issues around happiness, expressing anger and dealing with fear and loss the children begin to realise that feelings are normal and a part of us.



What I should be able to do and know now.

Knowledge

I know how to recognise things that I am good at and things that are good about me.

To know what I am feeling and why I might feel that way.

That we all have the same feelings at different times.

How their actions or words may make others feel.

I am able to recognise feelings when faced with a challenge, such as excitement, worry, fear or happiness.

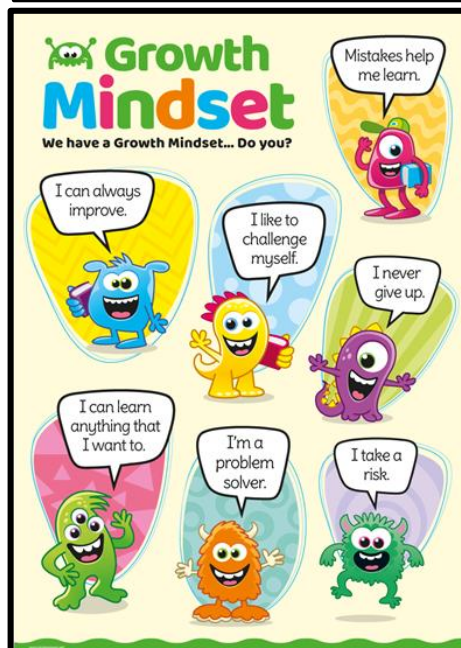
Skills

Recognise feelings and emotions and explain why they are feeling this way.

I know that it is positive to ask for help.

I can reflect on how I feel.

Growth Mindset Strategies



What I will be learning

To begin to know how we feel in certain situations and why.

To discuss our feelings.

I can say some feeling words.

I know why people may feel like that.

I can show empathy towards others and reflect upon feelings, emotions and actions.

What I will know and be able to do at the end of the topic.

I know how to listen to other peoples' points of view.

I can explain how it feels to be challenged, try something new or difficult.

Can you describe a situation where you were able to overcome a challenge?

I can name more feelings than I could before.

I can use a variety of words to express my feelings.

I can tell you if I am beginning to feel anxious or scared.

I can tell you some of the things that make me feel anxious.

I can help another person feel proud.

I know what it feels like to be relaxed.

I am beginning to realise that I can change my behaviour if I stop and think about what I am doing.

I feel safe and content within my class.

I feel I can do well in my class.

I feel good about myself in this class.

I know some ways to calm myself when I feel tense or angry.

I know some ways to solve a problem.

I feel comfortable with anger and sadness.