

Year 5 Spring 1 PSHE Dealing with feelings



PSHE

Powerful knowledge/skills for this unit:

Pupils learn about

a wide range of emotions and feelings and how these are experienced in the body

- are able to name and describe a wide range and intensity of emotions and feelings
 - understand how the same feeling can be expressed differently
- recognise how emotions can be expressed appropriately in different situations

Times of change and how this can make people feel

- identify situations when someone may feel conflicting emotions due to change
 - can identify ways of positively coping with times of change
- recognise that change will affect everyone at some time in their life

Pupils learn about the feelings associated with loss, grief and bereavement

- recognise that at times of loss, there is a period of grief that people go through
 - understand there are a range of feelings that accompany bereavement and know that these are necessary and important
- know some ways of expressing feelings related to grief

What should I already know:

- Different types of feelings
- How to deal with set backs.
- How to deal with put downs.

Big Question:

How might you feel in a time of change?

The end point:

To be able to say some strong feelings and emotions people might have

Key vocabulary

Conflict, change, emotion, loss, grief, bereavement

Zones of regulation



Mindmate Monday lesson

Year 5 Autumn 1: Self-Belief

Lesson focus: I can do

Pupils should have the opportunity to...to develop self-awareness, doing the right thing understanding that their actions affect themselves & others

MindMate