Year 5 Spring 1 PSHE Dealing with feelings

Powerful knowledge/skills for this unit:

Pupils learn about

 $\ensuremath{\mathbf{a}}$ wide range of emotions and feelings and how these are experienced in the body

- $% \left({{\mathbf{r}}_{\mathbf{r}}} \right)$ 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

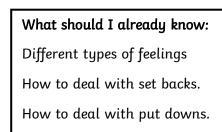
• can identify ways of positively coping with times of change recognise that change will affect everyone at some time in their life

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

- $\operatorname{recognise}$ 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



Big Question:

in a time of

How might you feel



The end point:

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

MindMate[⊍]

<u>Key vocabulary</u>

Conflict, change, emotion, loss, grief, bereavement

Zones of regulation

change?



<u>Mindmate Monday lesson</u>

Year 5 Autumn 1: Self-Belief

<u>Lesson focus: I</u> can do

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