

Prior learning:

Using a wider vocabulary to discuss feelings

An understanding that all feelings are ok and to describe feelings that can be comfortable and uncomfortable.

Identify that not everyone feels the same about things

Talk about ways to manage big and uncomfortable feelings.

Exploring Emotions

Sequence of learning

- 1) To know how to use a varied vocabulary when talking about feelings.
- 2) Understand that sometimes we can have conflicting feelings.
- 3) To describe what supports good physical and mental health.
- 4) To identify strategies to respond to feelings including uncomfortable feelings.
- 5) To know and be able to explain how to seek support for themselves and others.



Vocabulary

Mental health

Comfortable

Uncomfortable

Physical health

Wellbeing

Conflict

Support

Strategies

Seek

Emotions

