



PSCHE - Personal, Social, Citizenship, Health and Economic Education

Core Theme: Relationships and Health and Wellbeing

Year: 5

Term: Spring 1

Upper Key Stage 2

Exploring Emotions

What I have learnt already

H1 - Understand the importance of communicating feelings to others and be able to communicate their feelings.

H4 - Continue to develop their strategies for managing feelings.

H4 - Extend their vocabulary to describe a range of feelings.

R1 - Continue to recognise a range of feelings in ourselves and other people and how to respond.

R2 - Understand how their behaviour can affect others

Key Learning

R1 - Recognise a wider range of feelings in others and how to respond appropriately.

R7 - Understand how our actions can affect ourselves and others and the consequences my behaviour can have.

R12 - Develop strategies to resolve disputes and conflict through negotiation and appropriate compromise.

H6 - Deepen understanding of good and not so good feelings.

H6 - Further extend emotional vocabulary.

H6 - Explore the intensity and range of feelings.

H7 - Recognise that I may experience conflicting emotions and how to manage these.

Key Knowledge

You can feel good and not so good feelings at the same time (conflicting emotions) and this is ok.

You can feel different emotions such as annoyed, brave, confident, embarrassed, jealous, lonely, nervous, relaxed, shy, thankful, uneasy and worried.

It is normal to encounter disputes and conflict in life. Compromise and negotiation are ways to resolve conflict.



We need to learn to recognise how we feel and how other people feel. We need to learn how to manage our feelings and how our actions can affect others.

Our PSCHE Ground Rules...

- We listen to each other.
- We show respect.
- We support each other.
- We ask questions if we want to.
- We know we can talk to any adult in school if we want to talk or need help.

Key Vocabulary

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|-------------|--------------|---------------------|
| emotions | consequences | feelings |
| resolve | disputes | actions |
| conflicting | behaviour | manage |
| negotiation | compromise | fight/flight/freeze |

