



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

Core Theme: Health and Wellbeing

Year: 3

Term: Autumn 1

Lower Key Stage 2 Exploring Emotions

What I have learnt already

- H1 - Communicate feelings to others.
- H4 - Develop simple strategies for managing feelings.
- H4 - Use words to describe feelings.
- R1 - Begin to recognise a range of feelings in myself and other people.
- R1 - Recognise how others show feelings and how to respond.
- R2 - Recognise that my behaviour can affect others.

Key Learning	
H1 - Understand the importance of communicating feelings to others and be able to communicate my feelings.	
H4 - Continue to develop strategies for managing feelings.	
H4 - Extend vocabulary to describe a range of feelings.	
R1 - Continue to recognise a range of feelings in myself and other people and how to respond.	
R2 - Understand how my behaviour can affect others.	



We need to learn to recognise how we feel and how other people feel. We need to learn strategies so that we can manage big feelings

Key Knowledge

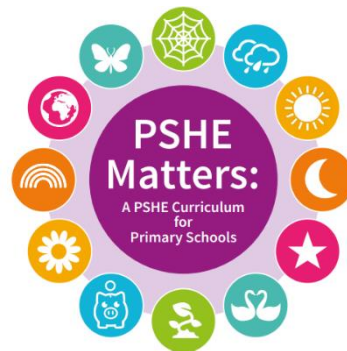
An emotion is a person's inner feeling which stems from a certain situation or circumstance, mood or relationship with others. People experience different intensities of feelings.

Managing feelings

- Personal body scan
- Mindfulness
- Meditation - yoga
- Counting to 10
- Distraction
- Tell someone - a friend, family, teacher etc.
- Breathing exercise to calm down



Key Vocabulary		
Feelings	Comfortable	Uncomfortable
Positive emotions	Negative emotions	Mixed emotions
Communicate	Manage	Terrified
Anxious	Fearful	Worried
Mindfulness	Reluctant	Shy



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.