

PSHE Spring 1 Understanding Emotions – Wk 1

Citizenship/Well-being. Spring 1-Understanding Emotions	
Outcome I am beginning to recognise a range of emotions	
<p>Resources Chime How do I feel PowerPoint (curriculum drive)</p>	<p>Vocabulary Feelings Happy Sad Angry Proud Excited</p>
<p>Teaching and Learning.</p> <p>Circle time. Children all sitting in a circle. Pass a smile.</p> <p>Mindfulness Remind children that in order to learn we need to be calm. Children to sit in a comfortable position and close their eyes. Adult to ring a chime. Children to breathe normally listening to the chime. Open eyes when no longer can hear chime.</p> <p>Tell me Greet a child by name and ask ‘Good morning/afternoon.....How are you today?’ If the child says ‘I feel happy’ ask them ‘What is making you feel happy today?’ Invite that child to ask another member of the class how they are feeling. Discuss-asking someone how they are can tell us how they are feeling. Sometimes we can see how they are feeling by looking at them by their facial expressions or body language. These feelings are called emotions. Feelings and Emotions form a vital part of our well-being Show PowerPoint-How do I feel. Can children identify the emotions by looking at body language and facial expressions? Select 1, 2 or 3 of the emotions displayed. Sometimes people may disguise their feelings or hide how they feel particularly if someone has hurt them. Link back to honesty topic and</p>	<p>How did the smile make you feel? Did anyone not want to pass on the smile? Why?</p> <p>Are we calm and ready to learn? Can our feelings change? How are the children in the pictures feeling? How do you know?</p> <p>Can our facial expressions and body language always show how someone is feeling?</p> <p>Can you think of a time when someone might want to hide their true feelings?</p>

talking to a trusted adult.

Reflection

YR R-Adult to scribe a bank of feelings words for display. Encourage the children to use these words when expressing how they feel.

YR 1-Children to use role play in groups to act out or mime emotions in different scenarios (Use list attached or use this as an opportunity to address any recent issues within school/playtime)

YR 2-As YR 1