



**PSHE Topic:** How do we recognise our feelings?

**Year: 2 Term:** Summer 2

## Key Knowledge/Content:

### Mental wellbeing

- Understand that mental wellbeing is a normal part of daily life, in the same way as physical health.
- Understand that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.

### Links to:

#### Prior learning:

To discuss that emotions can be seen in different ways and people display/react differently.

#### Future learning:

Understand that mental health can be affected by physical activity and good routines.

## Key vocabulary with definition:

### Prior vocabulary:

- Emotions- A strong feeling deriving from one's circumstances, mood, or relationships with others.
- Loss- The fact or process of losing something or someone.
- Routine- A sequence of actions regularly followed.

### New vocabulary:

- Bereavement- The fact or condition of being bereaved.
- Manage- Succeed in surviving or in achieving something despite difficult circumstances.

## By the end of this unit

**All children can:** recognise how to manage different emotions in different ways.

**Most children can:** demonstrate how to support someone who might be feeling sad and alone.

**Some children can:** demonstrate and explain what different things can help our bodies and minds to stay healthy including food, drink, physical activity, sleep and rest.

## Background understanding for teachers and parents:

This unit will be focused on how we recognise feelings and what to do when we feel upset, anxious or worried. Children will discuss who they can go to for support and what activities they can participate in to make them feel better.

## Curriculum Driver:

Aspirations

### Evidence outcome:

Children aspire to recognise feelings and they will become more knowledgeable in being able to discuss feelings with friends and adults.