

Vocabulary

sad - feeling unhappy.

angry - feeling annoyed about something.

happy - feeling pleasure.

cross - someone or something has annoyed or upset you.

emotion - how you are feeling.

excited - happy about something and can't wait for it to happen.

proud - having a sense of achieving something from our actions.

embarrassed - feeling awkward.

upset - feeling sad and unhappy.

secrets - something being kept from others on purpose.

positive - something which is good.

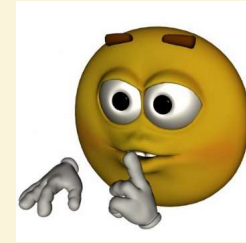
negative - something which is bad.

empathy - being aware of others' feelings.



Good secrets and worry secrets

There are good secrets that are meant as a lovely surprise for someone and will be revealed at some point, like a birthday present or a treat.



There are worry secrets - that leave you feeling worried and anxious.



Positive Behaviour



This is something which is good, like following school rules, using kind words or sharing things with others.

Negative Behaviour

This is something which is bad, like shouting at others, snatching things or hurting our friends.



Empathy

Empathy is understanding how someone feels. Acting with empathy is also supporting someone who may be feeling hurt, in pain, upset or in need of help. You can show empathy by asking someone if they are ok, taking them to a teacher, listening to them or helping them.

Golden Threads



Character: I will understand what it means to have responsibility over my actions and choices.



Competence: I will learn about resilience and how to develop this.



Community: I will understand about discrimination and how this impacts people within my community.

9 Habits



Compassionate - Once I can identify feelings, I will use the habit of compassion to notice children who aren't feeling happy and I will help them.



Considerate - Once I am aware of and can identify how others are feeling I will be considerate around them and help them.



Patient - I will be able to think about the consequences of my actions and make the choices that will enable me to become the best version of myself.



Honest - I will know I need to be honest even when this feels difficult. I will build then trust with others.



Self-Controlled. Once I am aware of these behaviours I will know when to take time out so I can get help to manage my reactions and feelings. I will help others to be calm.



Joyful - I will be using the habit of joyful to talk about finding joy in different activities. I will work hard to include others to help make them feel happier.

Previous Learning

EYFS - Early Learning Goal
Self-Regulation

- Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.

Independent learning at home

Look at the website pages and play the games:

<https://learnenglishkids.britishcouncil.org/category/topics/feelings>

<https://learnenglishkids.britishcouncil.org/word-games/emotions-and-feelings-1>

<https://learnenglishkids.britishcouncil.org/word-games/emotions-and-feelings-2>

Current learning

- Know what feelings are.
- Know what makes me happy and what to do if I feel sad.
- Know what secrets are.
- Understand how my behaviour affects others.
- Understand what empathy is.

Learning together at home

Sing, 'If you are happy and you know it'.

Name different feelings and ask your child to name a colour associated with it e.g. red - angry, yellow - happy, green - jealous, blue - sad.

Practise the vocabulary of this topic with your child.

Future learning

Year 2

- Know the difference between small feelings and big feelings.
- Know what safe and unsafe online behaviour is.
- Know that hurtful behaviour including teasing, name-calling, bullying and deliberately excluding others is not acceptable.
- Know how to treat others with respect.
- That everyone has different strengths.



Story zone

Click on images to read review and/or buy online.

