Goonhavern Primary School- PSHE					
TOPIC: How can we Manage our Feelings?	YEAR: Four	STRAND: Health and Wellbeing			

What should I know already?	What will I know by the end of the unit?
 How to recognise, name and describe a range of feelings. What helps them to feel good, or better if not feeling good. How different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group). How feelings can affect people in their bodies and their behaviour. Ways to manage big feelings and the importance of sharing their feelings with someone they trust. How to recognise when they might need help with feelings and how to ask for help when they need it. 	 How everyday things can affect feelings. How feelings change over time and can be experienced at different levels of intensity. The importance of expressing feelings and how they can be expressed in different ways. How to respond proportionately to, and manage, feelings in different circumstances. Ways of managing feelings at times of loss, grief and change. How to access advice and support to help manage their own or others' feelings.

Vocabulary					
Positive feelings	Experiencing emotions like happiness, excitement, joy, hope, and inspiration is vital for anyone who wants to lead a happy and healthy life.				
Negative feelings	Negative emotions can be described as any feeling which causes you to be miserable and sad. These emotions make you dislike yourself and others, and take away your confidence. Emotions that can become negative are hate, anger, jealousy and sadness.				
Wellbeing	The state of being comfortable, healthy, or happy on the outside and on the inside - 5 ways to well being.				

Mental health	Mental health is "a state of well-being in which a person can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community
Behaviour	The way in which one acts or conducts oneself, especially towards others.
Triggers	Things like actions and behaviour from others and yourself which can affect your mental health negatively including grief, change and loss.

Image/diagram that helps me to articulate my knowledge/understanding	Investigate!
social skills and the ability to seek assistance from others able to set and achieve goals and take action POSITIVE MENTAL HEALTH TOOLKIT using problem solving	 See the unit of work/lesson plans and teaching slides: https://www.pshe-association.org.uk/curriculum-a nd-resources/resources/mental-health-and-emotio nal-wellbeing-lesson-plans Role play scenarios which involve children making decisions about how to manage their feelings in different situations. Create posters about promoting positive mental help.
skills noticing good things in life skills objections objective object	mental neip.

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TOPIC:	YEAR:	STRAND:			

Q1	Start of Unit	End of Unit	Q3	Start of Unit	End of Unit

Q2	Start of Unit	End of Unit	Q4	Start of Unit	End of Unit