

## Goonhavern Primary School- PSHE

**TOPIC: How do we Recognise our Feelings?**

**YEAR: Two**

**STRAND: Health and Wellbeing**

What should I know already?	What will I know by the end of the unit?
EYFS- recognising and naming simple feelings and emotions	<ul style="list-style-type: none"> <li>• How to recognise, name and describe a range of feelings</li> <li>• What helps them to feel good, or better if not feeling good</li> <li>• 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)</li> <li>• How feelings can affect people in their bodies and their behaviour</li> <li>• Ways to manage big feelings and the importance of sharing their feelings with someone they trust</li> <li>• How to recognise when they might need help with feelings and how to ask for help when they need it</li> </ul>

### 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.
Physical health	Physical health is defined as the condition of your body, taking into consideration everything from the absence of disease to fitness level. Physical health is critical for overall well-being, and can be affected by: lifestyle (diet, level of physical activity) and behaviour.



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