

Feelings and Emotions

TOPICS: Worry and Anger - *Suggested for Year 2*

We have chosen to deliver this topic in year(s):

Year Intent



In Year 2, children deepen their understanding of feelings and emotions by learning how emotions such as anger and worry can affect their thoughts, behaviour and bodies. They learn to recognise and name these emotions and identify situations that may cause them.

Pupils explore ways feelings can be communicated through words, actions and body language.

Through discussion and activities, children practise simple strategies to manage uncomfortable emotions and express their feelings in positive ways.

Curriculum Links

Statutory RSHE Links

General wellbeing; Being safe; Respectful, kind relationships; Families and people who care for me: Caring friendships



Knowledge & Skills Progression

Worry - Pupils should..

- identify and name feelings of worry and describe some physical signs they may experience
- understand that worry is a normal emotion and identify situations that may cause someone to feel worried
- learn and practise strategies to manage feelings of worry in positive ways
- explain that feelings of worry can be communicated through words, actions and body language

Anger - Pupils should...

- identify and name feelings of anger and describe some physical signs they may experience
- understand that anger is a normal emotion and distinguish between helpful and unhelpful ways of expressing it
- learn and practise strategies to manage feelings of anger in positive ways
- explain that anger can be communicated through words, actions and body language



I will learn the following new words/phrases:



Fidgety	To make small, restless movements using your hands or other body parts.
Annoyed	Irritated, disturbed, or slightly angry.
Worry	To feel anxious or troubled about actual or potential problems.
Anger	A strong feeling of annoyance, displeasure, or hostility.
Manage	Maintain control over or be in charge of.
Control	The power to influence or direct people's behaviour or the course of events.
Trust	Firm belief in the reliability, truth, or ability of someone or something.

Ask me a question!

If you feel worried, what actions could help you to feel better?

Why is it important to talk and share your worries with someone?

Who could you talk to about your feelings?

How can we control the feeling of anger?