

Feelings and Emotions

TOPICS: Grief and What I've Learnt - *Suggested for Year 3*

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

Year Intent



In Year 3, children broaden their understanding of feelings and emotions by learning about grief and loss in an age-appropriate way.

They explore how experiences of loss can affect how people feel, think and behave, and recognise the emotional and physical responses that may occur. Pupils build on their understanding of pleasant and unpleasant emotions and consider situations that may cause different feelings.

Through discussion and activities, they practise strategies to manage and express emotions in positive ways.

Curriculum Links

Statutory RSHE Links

General wellbeing; Respectful, kind relationships; Families and people who care for me; Physical health and fitness



Knowledge & Skills Progression

Grief - Pupils should...

- identify and name feelings linked to loss and grief and describe some physical signs of sadness or upset
- understand that grief is a natural response to loss and identify situations that may cause these feelings
- learn and practise strategies to cope with feelings related to loss and grief in healthy ways
- explain that feelings of loss and grief can be communicated through words, actions and body language

What I've Learnt - Pupils can...

- confidently recognise and describe a range of emotions and how they may affect thoughts, behaviour and physical feelings
- recognise and respond appropriately to situations that may cause different emotions for themselves or others
- apply strategies to help manage and express their feelings in positive ways at home and at school
- clearly explain the difference between pleasant and unpleasant emotions and how they can be managed

I will learn the following new words/phrases:



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|-------------------|---|
| Grief | Great sadness, often following a death or loss. |
| Confusion | Uncertainty about what is happening, intended, or required. |
| Memory box | A special place where memories are stored. |

Ask me a question!

What are some of the reasons we might feel or experience grief?

What other kinds of feelings could we experience if we were feeling grief?

What could you do if you feel sad about losing someone or something?

How could you help someone who is experiencing grief?

How can manage other difficult emotions, such as worry, anger, and jealousy?