

Feelings and Emotions

TOPICS: What I Know Now and Jealousy - *Suggested for Year 4*

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

Year Intent



In Year 4, children re-establish what they already know about feelings and emotions before building on this through more complex learning.

They revisit how different situations can cause a range of emotions and identify strategies to help manage and express their feelings in positive ways.

Pupils explore more challenging emotions and recognise the physical and emotional responses these feelings may bring. Through discussion and activities, they consider how their responses can affect themselves and others.

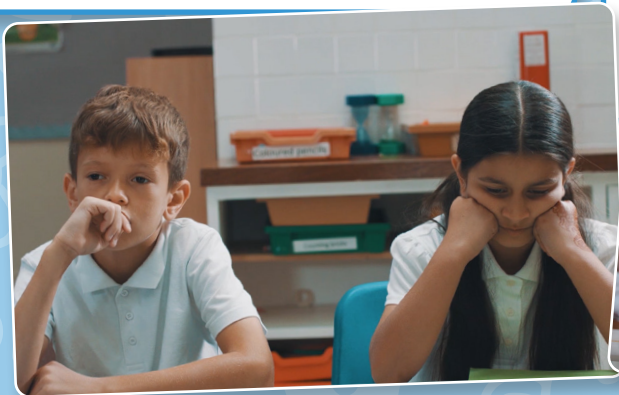
Curriculum Links

Statutory RSHE Links

General wellbeing; Physical health and fitness; Health protection and prevention: Caring friendships; Respectful, kind relationships

Wider PSHE Links

Careers education: aspirations, learning and work



Knowledge & Skills Progression

What I Know Now - *Pupils can...*

- share and reflect on their understanding of feelings and emotions as they begin to explore more complex emotional experiences
- recognise situations that may cause different emotions for themselves or others
- identify people and support who can help them manage difficult or uncomfortable emotions
- suggest and explain strategies that can help them express and manage their feelings in positive ways

Jealousy - *Pupils should...*

- identify and name difficult emotions, such as jealousy, and describe some physical signs they may experience
- understand that difficult emotions are a normal part of life and distinguish between helpful and unhelpful ways of expressing them
- learn and practise strategies to manage challenging emotions in positive ways
- explain that emotions can be communicated through words, actions and body language

I will learn the following new words/phrases:

I now know...

Feelings	Emotions, such as love, anger, joy and fear.
Emotions	Strong feelings.
Physical health	The well-being and overall condition of your body.
Mental health	Emotional, psychological, and social well-being.
Strategies	A plan of action designed to achieve a long-term or overall aim.

Ask me a question!

How can you manage the feeling of jealousy?

Who can help us if we feel worried about ourselves or someone else?

If someone you know is experiencing jealousy, how could you help them?

Can you name some benefits of having different types of friends?