

Feelings and Emotions

TOPICS: Anger and Adults' & Children's Views - *Suggested for Year 5*

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

Year Intent



In Year 5, children further develop their understanding of feelings and emotions by exploring how anger can be triggered and how it may affect thoughts, behaviour and physical reactions.

They consider how anger can influence actions and relationships and learn to evaluate helpful and unhelpful responses. Pupils practise strategies that support positive ways of managing strong emotions. Through discussion and activities, they reflect on the views of adults and children beyond the school setting to build their understanding.

Curriculum Links

Statutory RSHE Links

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

Ask me a question!

Can you describe the feeling of anger?

How can we manage the feeling of anger in a positive, healthy way?

Knowledge & Skills Progression

Anger- Pupils should...

- recognise triggers that may lead to feelings of anger and describe how anger can affect thoughts, behaviour and physical reactions
- explain how anger can influence actions and relationships and evaluate helpful and unhelpful ways of responding
- apply a range of strategies to manage feelings of anger in positive and responsible ways
- reflect on how anger can be communicated and managed through words, actions and self-control

Adults' & Children's Views - Pupils can...

- listen to and observe a range of views from adults and children about managing feelings and emotions in different situations
- identify key ideas and strategies shared by others that help people understand and manage their emotions
- reflect on and build their own understanding of emotions using information gathered from discussions and observations
- share their ideas and learning with peers, contributing thoughtfully to discussions about feelings and emotions

I will learn the following new words/phrases:

I now know...

Displeasure	Feeling annoyed, dissatisfied, or disappointed.
Annoyance	Something that annoys or irritates someone.
Hostility	The state of being unfriendly or full of hate.

