

Feelings and Emotions

TOPICS: Worry and Summative Assessment - *Suggested for Year 6*

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

Year Intent



In Year 6, children consolidate and extend their understanding of feelings and emotions as they prepare for new experiences and greater independence.

They explore how emotions such as worry may arise during times of change, including the transition to secondary school, and how these feelings can affect thoughts and behaviour. Pupils develop strategies to manage emotions in positive ways.

They also reflect on communicating worries, seeking support from trusted people and taking responsibility for their emotional wellbeing.

Curriculum Links

Statutory RSHE Links

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

Ask me a question!

Who could you talk to to help you manage a difficult emotion?

How can you manage feelings of worry?

If someone you know is feeling worried, what could you do to help?

Knowledge & Skills Progression

Worry - Pupils should...

- recognise situations that may cause feelings of worry, including changes and new experiences such as moving to secondary school
- explain how worry can affect thoughts, behaviour and physical responses and why it is a normal emotion during times of change
- apply a range of strategies to manage feelings of worry in positive and responsible ways during challenging or unfamiliar situations
- reflect on ways to communicate worries and seek support from trusted people when preparing for new experiences such as secondary school

What I've Learnt - Pupils can...

- confidently apply and justify strategies that help them manage and express their emotions in positive and responsible ways
- evaluate situations and respond appropriately when emotions may affect their behaviour or relationships
- clearly explain and justify the difference between helpful and unhelpful ways of expressing emotions
- take increasing responsibility for managing their feelings and supporting the emotional wellbeing of themselves and others

I will learn the following new words/phrases:



Worry	To feel anxious or troubled over actual or potential problems.
Anxious	Feeling worried, nervous, or afraid about something certain or uncertain.
Troubled	Having problems or difficulties. Feeling nervous or worried.
Positive action	Doing something that results in a good or beneficial outcome.
Prepare for change	To make or get ready for something different.
Mindfulness	Slowing down to really notice what you're doing.
Strategies	A plan, method, or series of actions meant to perform a particular goal or effect.
Managing emotions	To look after and make decisions about your feelings.

