



Our pupils are learning about...

FEELINGS AND EMOTIONS

By the end of these modules our pupils should:

be able to recognise and name emotions and their physical effects

learn a range of skills for coping with unpleasant/uncomfortable emotions

describe how we can support others who feel lonely, jealous, or upset

recognise that we can choose how we act on our emotions

identify how we can reduce our feeling of worry

explain how we can support others who feel worried

understand that feelings can be communicated with and without words

recognise that everyone experiences emotions and that these can have physical effects on our body

recognise our thoughts, feelings, and emotions

identify how making some choices can impact others' lives in a negative way

know the difference between pleasant and unpleasant emotions

understand that our choices and actions can affect ourselves and other people

and much more!



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