

MENTAL HEALTH Feelings and Emotions					
YEAR GROUP	OBJECTIVE	OUTCOMES	ACTIVITIES – taken from PSHE Association Updated Lesson Plans	RESOURCES	CORE THEME
We All Have Feelings					
1	To recognise and describe different feelings in themselves and others	I can recognise and name some feelings that I might have I can explain how feelings can make bodies felling inside I can describe how others might be feeling I can identify who can help with feelings and how I can help others	Lesson 1 <ul style="list-style-type: none"> • Reflect on how they are feeling today • Tell it to an alien • Create a list of everyday feelings • Apply facial expressions & body movements • Use words & phrases to describe feeligns • Identify feelings from real life scenarios • 	Resources from Lesson 1	Theme 1 – Health & Well-Being to know about good and not so good feelings, a vocabulary to describe their feelings to others & simple strategies for managing feelings. Theme 2-Relationships to communicate their feelings to others, to recognise how others show feelings and how to respond To know that people’s bodies and feelings can be hurt(including what makes them comfortable & uncomfortable)
Good and not so goof feelings					
1 / 2	I know that feelings change and that not everyone experiences the same feeling in the same situation	I can identify feelings that are good and not so good I can recognise that people feel differently about things and situations	Lesson 2 <ul style="list-style-type: none"> • Feelings grid – good and not so good feelings • Decide if a feeling is good or bad • Display Maz’s feelings list & identify how they think 	PSHE Association Exemplar Lesson Plan Lesson 2 resources.	Theme 1 – Health & Well-Being to know about good and not so good feelings, a vocabulary to describe their feelings to others & simple strategies for managing feelings.

		<p>I can explain what can change their feelings</p> <p>I can suggest things that can help them and others to feel better</p>	<p>Maz might feel about some everyday things and situations</p> <ul style="list-style-type: none"> • Mt feelings frame to identify if a situation gives them a good or bad feeling 		<p>Theme 2-Relationships to communicate their feelings to others, to recognise how others show feelings and how to respond</p> <p>To know that people's bodies and feelings can be hurt(including what makes them comfortable & uncomfortable)</p>
Big Feelings					
2	I know about Big Feelings and how to manage them	<p>I can recognise that feelings can intensify (get stronger)</p> <p>I can describe how big feelings can affect behaviour</p> <p>I can identify what can help us feel better when we have a big feeling (talk to trusted adult)</p> <p>I can use words and phrases to ask for help with feelings</p>	<p>Lesson 3</p> <p>Display list from previous lessons & decide which are 'big' feelings</p> <p>Simple card sort activity</p> <p>Practise asking for help</p> <p>Reflect on today's learning</p>	Resource 3	<p>Theme 1 – Health & Well-Being to know about good and not so good feelings, a vocabulary to describe their feelings to others & simple strategies for managing feelings.</p> <p>Theme 2-Relationships to communicate their feelings to others, to recognise how others show feelings and how to respond</p> <p>To know that people's bodies and feelings can be hurt(including what makes them comfortable & uncomfortable)people are being unkind either to them</p>

					or others, how to respond, who to tell & what to say. To recognise when
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