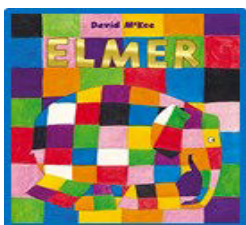


All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality PSHE education. They will be equipped with the knowledge, skills and vocabulary to understand that they need to lead confident, healthy, independent lives and to become respectful, active and responsible global citizens, so that they leave our school confident and assured of their place in this diverse and changing world. We intend to inspire a sense of enjoyment and curiosity about PSHE. We access the PSHE Association for lesson plans to assist our teaching and learning where applicable.

## No Outsiders



## Mental Health - Feelings



Autumn 1

### Key Vocabulary:

- Happy
- Sad
- Scared
- Frustrated
- Worried
- Terrified
- Overjoyed
- Positive
- Negative

### Igniting Prior Knowledge:

Year R (PSED: Building Relationships)

- I can accept the needs of others and I can take turns and share resources, sometimes with support from others.
- I can initiate play, offering cues to my friends to join me.
- I can demonstrate friendly behaviour, initiating conversations and form good relationships with friends and familiar adults.
- I start conversations, attend to and take account of what others say.
- I can play in a group, extending and elaborating play ideas, e.g. building up a role-play activity with other children.
- I can explain my own knowledge and understanding, and ask appropriate questions of others
- I can take steps to resolve conflicts with other children, e.g. finding a compromise.
- I can build constructive and respectful relationships.
- I can think about the perspectives of others.
- I can work and play cooperatively and take turns with others.
- I can form positive attachments to adults and friendships with peers.
- I can show sensitivity to their own and to others' needs



### New Knowledge:

- There are different types of feelings.
- There are a variety of feelings (good and not so good).
- People may feel differently about the same situations.
- Different feelings make the body look and feel differently.
- Some feelings may feel strong than others.
- There are a variety of ways feelings can be managed.
- I should know when I need to ask for help.
- Change and loss can affect how people feel.
- People can experience change of loss – losing a toy, pet passes away, moving home or school.
- People may have different emotions