

PSHED Medium Term Plan - spring 1 – Managing feelings

Core Knowledge for this Strand

Foundations Pathway

Children will learn

Identifying and expressing feelings

- To identify different emotions in ourselves (happy, sad, angry, scared, excited)
- To identify how different emotions/feelings make our body feel
- To identify when we might feel different emotions
- To recognise that feelings change (e.g. happy in morning angry in afternoon, we don't need to be angry all day)
- Which feelings are in each zone within the 'Zones of Regulation' approach
- That we have the right to feel happy and safe
- Everyone experiences a range of feelings at different times

Managing feelings

- How to communicate a feeling
- How to communicate a range of feelings
- To use strategies to support with self-regulation

Next Steps Pathway

Children will learn

Identifying and expressing feelings

- To identify emotions/feelings in ourselves (worried, anxious, embarrassed, proud)
- What/when we might experience these feelings and how it might make us feel
- What behaviours we might show when we feel like this
- To recognise feelings in other based on their actions, facial expressions and body language
- That it is ok to feel negative emotions
- How we can express these emotions appropriately

Managing feelings

- It is important to let others know how we are feeling
- How our actions can affect others
- The different ways we can help and respond to others with their feelings
- When and how to apply strategies to support regulation
- When we might need more support (grief, loss, major change)