

Year 4 Term 2

How can we manage our feelings? PSHE



Progression in Skill:

How everyday things can affect feelings.
How feelings can change over time and can be experienced at different levels of intensity.
The importance of expressing feelings and how they can be expressed in different ways.
How to respond proportionately to and manage feelings in different circumstances.
Ways of managing feelings at times of loss, grief and change.
How to access advice and support to help manage their own or others' feelings.

Long-term Memory Knowledge:

Know that what happens from day to day can affect how we feel and that these can be quite small things as well as life's bigger events.
Understand that feelings fluctuate throughout time and the intensity of the feelings will differ.
Know that these feelings can be expressed in a variety of ways dependent on the feeling and the person.
Suggest ways to respond to a range of different feelings and how this might look different based on the situation.
Understand that there are times where a range of feelings are experienced and that there are ways to support these.

Key Vocabulary

regulate	to control or manage something so it works properly.
intensity	how strong or powerful something is.
expressing	showing what you think or feel.
loss	when you no longer have something or someone important to you.

grief	deep sadness you feel when you lose someone or something you love.
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Progression in Resources:

Zones of regulation posters

Relevance

Now	Children are able to articulate their feelings and understand what they can do to support them in range of situations.
Future	Children are able to support their friends and families in times of need. They are able to seek support and advice from the correct places when they need it themselves.
Aspiration	As adults, they give themselves time and space to grieve loss, accept change and express their feelings. They use strategies that have worked for them throughout their lives to regulate their emotions on a daily basis.

National Curriculum Links:

Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
Understand how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

Essential Prior Learning:

How friendships support well-being and the importance of seeking support if feeling lonely or excluded.
That friendships sometimes have difficulties and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences.
How to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support
How to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe.