

PSHE

Week 1

22.4.20

How do we feel?

This term we will be thinking about feelings.

During the term we will be looking at different emotions and how it effects our bodies.

We will also be looking at different strategies on how to manage our feelings
especially managing feelings during change and loss.

LEARNING OBJECTIVE:

To be able to identify different emotions

•SUCCESS CRITERIA:

- I can identify different feelings
- I can sort out different emotions
- I understand how different emotions make me feel

Lesson 1

- First: create a brainstorm independently of all the emotions you can think of.
- Second: look at the 'Lesson 1 activity' and sort the pictures into the different groups.