## Year 3 and 4: Health and Wellbeing

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Subject Specific Vocabulary	
Feeling	An emotional state or our reaction to something.
Emotion	A strong feeling developing from one's circumstances, mood, or relationships with others
Influence	To have an effect on the character or behaviour of someone.
Grief	A loss or change that causes sadness, distress, pain, regret
Reflection	The process of intent thought or meditation
Persist	To continue to do something in a determined way even when facing difficulties or opposition
Resilience	The capacity to recover quickly from difficulties; toughness.
hov	v are you feeling?
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# How can we manage our feelings?

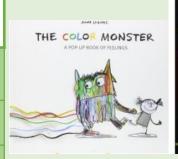


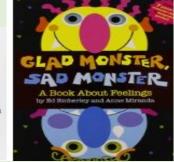
#### What I will learn by the end of this topic:

- lue How everyday things can affect feelings
- ☐ How feelings change overtime and can be experienced at different levels
- ☐ The importance of expressing feelings and how they can be expressed in different ways
- ☐ How to respond to and manage feelings in different circumstances
- ☐ Ways of managing feelings at times of loss, grief and change
- ☐ How to get advice and support to help manage my own or others feelings.

### Linking Books







#### **Previous Learning**

- □ I know what makes me special and how everyone is different
- ☐ I understand how I am similar or different to others, and what we have in common
- ☐ That it is important to tell someone (such as a teacher) if something about my family makes me feel unhappy or worried