

Year 3 and 4: Health and Wellbeing

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.

How can we manage our feelings?



What I will learn by the end of this topic:

- 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

