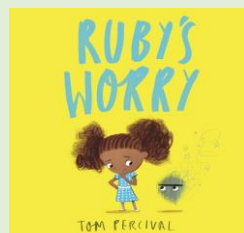


Year 1 and 2: Health and Wellbeing

Subject Specific Vocabulary

Emotions	A physical reaction to a threat or reward. E.g. smiling, crying, shouting.
Feelings	A mental reactions to emotions. E.g. sad, happy, nervous.
Nervous	To feel frightened or worried about something that is happening or might happen.
Loss	Losing something or someone.
Bereavement	The response to a loss, particularly to someone or something important.
Challenge	A difficult situation.
Transition	A time of change from one experience to another.

Books about emotions and feelings



How do we recognise our feelings?



What I will learn by the end of this topic:

- How to recognise, name and describe a range of feelings
- What helps me to feel good, or better if I'm not feeling good
- How different things /times/ experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group).
- How feelings can affect people in their bodies and their behaviour.
- Ways to manage big feelings and the importance of sharing my feelings with someone I trust.
- How to recognise when I might need help with feelings and how to ask for help when I need it.

It's ok to experience different feelings

5 Steps to Managing Big Emotions



Previous Learning

- I name some basic feelings such as sad, happy and excited.
- I can sometimes say if an experience has made me unhappy.
- I can identify an adult I can trust to talk to.