

What should I already know?

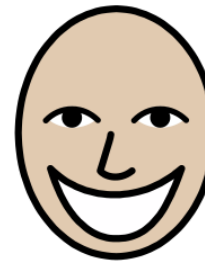
- Know that there are different emotions and can name some such as happy and sad.
- Know that people feel different emotions.
- Know how I and others feel when things change.
- Know simple ways to help myself feel better.
- Know what causes different emotions in myself and other people.

Key Knowledge

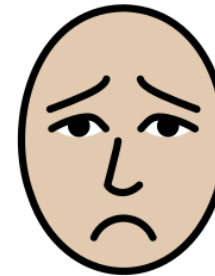
- Know and be able to name some different feelings: happy, excited, sad, angry, frustrated, nervous, embarrassed and express how you feel.
- People feel happy and sad at different times for example you may feel happy when you are playing your favourite game with your friends and you might feel sad if someone has been unkind to you.
- Sometimes our feelings and actions can affect others. We can do things to help us feel calm such as breathing, having some calm time or Yoga.
- Know who you can share your feelings with such as teachers, parents, family members.
- Know what you are good at for example listening, caring, being helpful.

Key Vocabulary and definitions

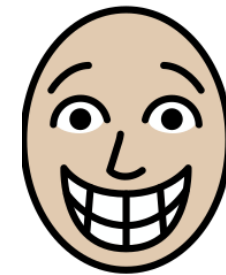
Emotions	Feelings such as: happy, sad, excited, angry, nervous.
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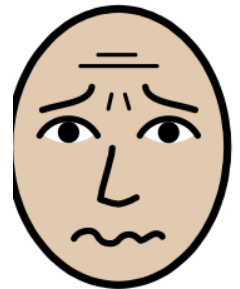
Happy



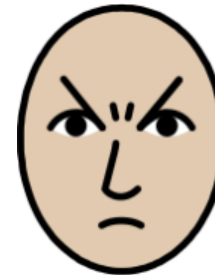
Sad



Excited



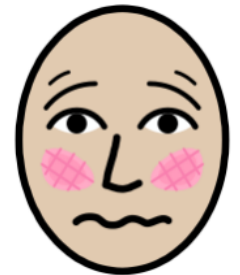
Nervous



Angry



Frustrated



Embarrassed