

What should I already know?

- There are people at home and at school who can help me.
- To know how to ask for help.
- How to play and work alongside others.
- How to build relationships with others.



Key Knowledge

To be able to describe how I am feeling and recognising how others are feeling.

To develop strategies to deal with strong emotions.

To begin to understand the difference between considered behaviour and impulsive behaviour.

Key Vocabulary and definitions

Emotions	A strong feeling caused by what is happening around you.
Feelings	An emotional state or reaction.
Behaviour	The way in which you conduct yourself.
Body language	Movements with your body caused by how you are feeling.
Facial expressions	Movements of your face caused by how you are feeling.
Comfortable	Making you feel physically at ease and relaxed.
Uncomfortable	Causing you to feel awkward or uneasy.
Worry	To feel troubled about something that might happen or has happened.
Strategies	A plan or an action to help you achieve something.
Practical	Relating to actually doing something not just the idea.
Impulsive	Acting or done without thinking before.
Thoughtful	Thinking about things and showing consideration for others.
Distraction	Something that stops you concentrating on something else.
Calming	To be quiet and tranquil.
Inflaming	Make a situation worse.