

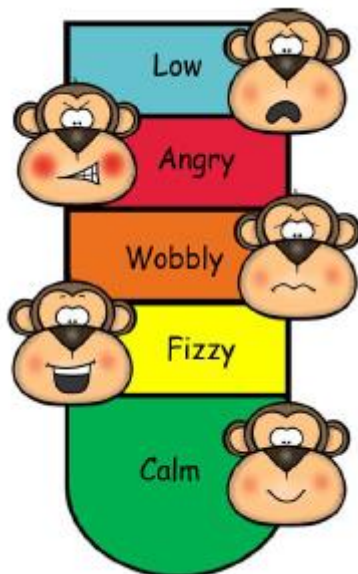
## PSHE - Y2 - AT1 - How do we recognise our feelings?

### Our lessons:

1. how to recognise, name and describe a range of feelings
2. what helps them to feel good, or better if not feeling good
3. 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)
4. how feelings can affect people in their bodies and their behaviour
5. ways to manage big feelings and the importance of sharing their feelings with someone they trust how to recognise when they might need help with feelings and how to ask for help when they need it

### Vocabulary:

- Loss
- Change
- Bereavement
- Behaviour
- Happy
- Sad
- Excited
- Worried
- Upset
- Angry
- Confused
- Surprised
- Silly
- Unsure



**2. BOX IT**  
**'WITH KINDNESS'**