

## Questions

What are feelings and emotions? Are they different? Are there any good/bad feelings? How might we display/hide our feelings and emotions? Can feelings and emotions affect our actions? How can we help our emotional well-being? What does the term social/media mean? Can it influence how we feel about ourselves? What behaviours may be risky? What is resilience? How can we be thankful to build resilience?

**Sources: Life to the full-Ten Ten**

[https://www.tentenresources.co.uk/units/lks2\\_1-3\\_emotional-well-being/](https://www.tentenresources.co.uk/units/lks2_1-3_emotional-well-being/)

## Key Vocabulary

Feelings emotions experience reaction  
Contentment masking  
emotional well-being

media advertising. Influence stereotypes  
resilience. self-confidence Facebook  
Snapchat TikTok Twitter Instagram

resilience In/appropriate peer pressure  
influence choices. wider context

## Spring 1

Module 1: Created and loved by God  
Unit 3: Emotional Well Being  
Sessions: What Am I feeling?. What  
Am I looking At? I am thankful.

## Outcomes:

### Children will learn

- That emotions change as they grow up (including hormonal effects)
- To understand the range and intensity of their feelings more deeply; that 'feelings' alone are not good guides for action
- That feelings are neither good or bad, but information about what we are experiencing that help us consider how to act
- What emotional well-being means and that positive actions help emotional well-being
- That talking to trusted people helps emotional well-being (e.g. parents/carer/teacher/parish priest)
- That images in the media do not always reflect reality and can affect how people feel about themselves
- That some behaviour is wrong, unacceptable, unhealthy and risky
- That thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media

## Making connections to prior learning

### KS1

- That it is natural for us to relate to trust one another
- That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)
- A language to describe our feelings
- To articulate their own feelings about given scenarios and their own experiences.
- a word bank to describe feeling
- Simple strategies for managing feelings and maintaining good behaviour
- That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they make mistakes
- That Jesus died on the cross so that we would be forgiven