

## Questions

Do we all like the same things? What do you like/dislike? Does that mean we should be mean to each other?

What are feelings? Where might you feel it in your body? How do you feel today? Why do you feel like that? Can you show me a feeling on your face?

How can our feelings make us act?

Do our feelings sometimes make us do the wrong thing? What can we do if we make a mistake?

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

[https://www.tentenresources.co.uk/units/eyfs\\_1-3\\_emotional-well-being/](https://www.tentenresources.co.uk/units/eyfs_1-3_emotional-well-being/)

## Key Vocabulary

feelings inside happy sad angry cross  
mad frightened worried surprised  
difficult

left out angry upset annoyed  
ashamed mean forgiveness  
behaviour mistakes God's love

## Spring 1

Module 1: Created and loved by God

Unit 3: Emotional well being

Sessions: I like, You like we all like.

All the feelings. Let's get real

## Outcomes:

Children will :

- Learn that we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)
  - Understand that it is natural for us to relate to and trust one another
  - Develop a language to describe their feelings
  - Learn that everyone experiences feelings
  - Develop an understanding that feelings are neither good nor bad; they give us information about what we are experiencing
  - Learn simple strategies for managing feelings
  - Understand how feelings can affect actions, and that actions have consequences
  - Develop simple strategies for managing emotions and behaviour
  - Understand that we have choices and these choices can impact how we feel and respond.
- Know that we can say sorry and forgive like Jesus.

