

Questions

What do you like/dislike?
What are feelings? Where might you feel it in your body?
How might you act when you have that feeling?
What is a positive/negative feeling?
What is a feeling, action and consequence?
What should we do if we make a mistake?

Sources: Life to the full-Ten Ten

https://www.tentenresources.co.uk/units/ks1_1-3_emotional-well-being/

Key Vocabulary

Like/dislike.	Annoyed
Love/hate.	Mistake
Prefer.	Excited
Positive/negative	
Respect and love	
Feelings	
Actions	
Sorry	
Forgive	
Bored	
Sleepy	
Calm	

Spring 1

Module 1: Created and loved by God
Unit 3: Emotional Well Being
Sessions: Feelings, Likes and Dislikes
Feeling Inside Out
Super Susie Gets Angry

Outcomes:

Children will learn :

- 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

Making connections to prior learning

EYFS- Children can express that:

We all have different likes and dislikes but we all need to be loved , respected and safe.

That it is natural for us to relate to trust one another

A language to describe our feelings

An understanding that everyone experiences feelings, both good and bad

Simple strategies for managing feelings, emotions and behaviour.

We have choices and these choices impact how we feel and respond.

We can say sorry and forgive like Jesus.