






South Gosforth First School
PSHE –Year Two Summer 2 Overview



	<u>How do we recognise our feelings?</u>			
Health and Wellbeing	Feelings; Mood; Times of change; Loss and bereavement; Growing up			
In this unit pupils learn:	<ul style="list-style-type: none"> • how to recognise, name and describe a range of feelings • what helps them to feel good, or better if not feeling good • 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) • how feelings can affect people in their bodies and their behaviour • 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 			
PSHE Association Programme of Study references:	HI1: about different feelings that humans can experience HI2: how to recognise and name different feelings HI3: how feelings can affect people's bodies and how they behave HI4: how to recognise what others might be feeling HI5: to recognise that not everyone feels the same at the same time, or feels the same about the same things HI6: about ways of sharing feelings; a range of words to describe feelings HI7: about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) HI8: different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good HI9: to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it H20: about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better H27: about preparing to move to a new class/year group			
Key vocabulary:	feelings; emotions; mental wellbeing; self-care; mood; support; loss; change; bereavement			
No Outsiders Text: 	'How to Be a Lion' by Ed Vere	Learning Intention: To have self-confidence		Success Criteria: I know we are all different I know sometimes it's hard to be different I know what self-confidence means I know how I help someone feel confident