






South Gosforth First School
PSHE –Year Four Autumn Term 1 Overview



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|  <h2 style="text-align: center;">How can we manage our feelings?</h2>  | | | | |
| Relationships | Feelings and emotions; Expression of feelings; Behaviour | | | |
| In this unit pupils learn: | <ul style="list-style-type: none"> • how everyday things can affect feelings • how feelings change over time and can be experienced at different levels of intensity • the importance of expressing feelings and how they can be expressed in different ways • how to respond proportionately to, and manage, feelings in different circumstances • ways of managing feelings at times of loss, grief and change • how to access advice and support to help manage their own or others' feelings | | | |
| PSHE Association Programme of Study references: | <p>H17: to recognise that feelings can change over time and range in intensity</p> <p>H18: about everyday things that affect feelings and the importance of expressing feelings</p> <p>H19: a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;</p> <p>H20: strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations</p> <p>H23: about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement</p> | | | |
| Key vocabulary: | feelings; emotions; expression; intensity; management; response; appropriate; proportionate; loss; grief; bereavement; change; support | | | |
| No Outsiders Text:  | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;"> <p>‘When Sadness Comes to Call’ by Eva Eland</p> </td> <td style="width: 33%; text-align: center;"> <p>Learning Intention: To look after my mental health</p> </td> <td style="width: 33%; text-align: center;"> <p>Success Criteria: I know what mental health is I know what situations can affect my mental health I have strategies to look after my mental health</p> </td> </tr> </table> | <p>‘When Sadness Comes to Call’ by Eva Eland</p> | <p>Learning Intention: To look after my mental health</p> | <p>Success Criteria: I know what mental health is I know what situations can affect my mental health I have strategies to look after my mental health</p> |
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