

Learning Objectives: Be able to name different strategies and behaviours to support their mental health and wellbeing Be able to talk about how they respond to different feelings. Be able to describe the difference between feelings that are small to them and big to them and know some strategies for managing them

Key Information

Feelings and emotions

There are many factors that make us feel different emotions. Sometimes positive and sometimes negative. How we feel is important to us and it is important that we talk about how we feel to others. Our feelings can have an impact on those around us as well as our behaviour. Using the Zones of Regulation to talk about feelings.

Strategies to manage feelings

1. Remind yourself that it is never okay to hurt others or allow others to hurt you.
2. Take deep breaths, count slowly to 10 and take time to calm down.
3. Use words to say how you feel and discuss a positive outcome.
4. Ask for help from a trusted adult/ friend to solve the problem.
5. Have a good amount of quality sleep, exercise, time outdoors and spending time with family and friends talking about feelings and emotions.

(Use the Zones of Regulation toolbox)

Talking about emotions sentence starters

I feel... I like... I dislike... When... happened it made me feel... I understand you felt...
 I know what I did made you feel... What you said made me feel... What you did made me feel...
 I feel safe when... I don't feel safe when...

The ZONES of Regulation

			
			
Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	Overjoyed/Elated Panicked Angry Terrified



Key Vocabulary

Emotions - A person's inner feelings.

Experience - The skill or knowledge gained by being part of or observing an event or events.

Feeling - Something that we feel from within or inside ourselves. Feelings never remain the same for too long, they keep changing.

Mental Health - The way someone thinks or feels about themselves and the world around them. It's related to how people cope with life's challenges and stresses.

Self-awareness - Being aware of how we are coming across. If we have high levels of self-awareness, we are more able to control others' perceptions of us

Sensitivity - Being aware of how issues and the actions of others can emotionally affect ourselves and other people. This can also mean the amount to which we are affected.

Transition - Periods of change that are experienced as we progress through different stages in our lives.

Wellbeing - Is the experience of health, happiness and prosperity- just feeling well.

What do I know already?

There are different types of feelings

I can name some feelings

How we cope with feelings

It is ok and normal to feel different emotions

We can manage our feelings using the zones of regulation and our tool box

From the Year 3 PHSE Book box

Giraffes Can't Dance (Giles Andreae) – Being different