**Year 4 Spring 1 Health and Wellbeing**

**How can we manage our feelings?**



**Previous Learning:**

**From Year 2 Health and Wellbeing**

**How do we recognise our feelings?**

* 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

**Vocabulary**

* Feelings and emotions;
* expression of feelings;
* behaviour

**Key Knowledge for unit**

**Children will learn:**

* 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