

Year 1: Exploring Emotions

Specific Vocabulary		Sticky Knowledge	How you can support your child at home
Feelings	An emotional state.	- I can name at least 3 different emotions. - I can tell you how I am feeling. - I can suggest how someone else is feeling. - I know some ways to help	Book: So much by Trish Cooke https://www.youtube.com/watch?v=o964_7P2Ur4 Key questions: Stop on each page, how do they feel? How do you know? Why do they feel that way? Book: The feeling flower by Lean Dakroub https://www.youtube.com/watch?v=NQae0Y_lcME Key questions: How can you tell he feels that way? Why does he feel that way? Have you ever felt that way? Book: In my heart by Joe Witek https://www.youtube.com/watch?v=xIfLgHBwYx4
Emotions	A strong feeling / a mood		
Communication	Ways of talking and sharing ideas and information		
Behaviour	The way you act		
Happy	Satisfied. Feeling content. Showing pleasure.		
Scared	Fearful. Frightened.		
Angry	Hostile. Feeling stormy.		
Lonely	On your own. No friends or company.		
Excited	Enthusiastic and eager.		
Frustrated	Distressed / annoyed about something.		

Curriculum overview: This unit focuses on the core themes 'health and well-being and 'relationships'. Through this unit of work, the children will explore a range of emotions. They will learn to recognise emotions in themselves and others. They will think about how we show emotions, how we should respond to emotions and how emotions can change the behaviour of ourselves and others. We will learn some skills to manage behaviour and learn the importance of communicating with others.	me calm down	Key questions: Have you ever felt that way? What happened to your body? How did you stop yourself feeling that way? <u>Other activities to do at home:</u> • Have a movie night and watch the film 'Inside Out'. Why do the characters have their names? Do you notice how the characters are feeling at different points in the story? How do they stop feeling that way? • Sing the song 'happy' by Pharrel Williams. How does it make you feel? What makes you happy? How does your body feel when you are happy? When you are not happy, how do you feel? • Create some gingerbread outlines and create some emotion art work. For each gingerbread person choose an emotion e.g. angry. What will you see on your body when you are feeling this way? • Make a 'Kindness' or 'Catch you caring' box. Every time someone in your family is kind and caring write and pop it in the box to discuss at the end of each week. Who has the most? • Practise some 'Chill Skills' at home. How can these help us to calm down? Perhaps try taking deep breaths, counting to 10, talking to someone or making a stomp spot on the floor.
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