



What I should already know:

- I sometimes feel happy, sad, angry, excited, scared etc.
- My facial expressions can explain how I feel e.g. angry

By the end of this unit:

- Begin to understand that it is normal for all people to experience a range of feelings
- Begin to recognise that what they say and do affects the way others feel
- Begin to understand that sometimes feelings are difficult to control
- Learn from their experiences and recognise their strengths
- Recognise like and dislikes and what is fair and unfair

Key Facts at the end of the unit:

- As humans we all feel a range of emotions at some stage in our lives e.g. happy, sad, excited,, scared, etc.
- When you are kind/ caring to another person it will make them feel happy.
- When you are unkind to another person it will make them feel sad.
- Some feelings are very difficult to control e.g. anger
- Anger can make you very aggressive
- Treating everybody equally is being fair
- Treating people differently and not as equals is unfair

Vocabulary

Aggressive	Being angry and behaving in a forceful way towards others
Emotions	A strong feeling or mood
Equal	Being treated the same as others
Facial expressions	Movement of muscles in your face to show how you are feeling without saying anything
Fair	When you treat everybody equally
Feelings	An emotional state or reaction
Mental Health	The emotional state of a person and how they are feeling
Strengths	Something you are really good at
Unfair	Treating people differently and not as equals is unfair

<https://youngminds.org.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/camhs-information-for-children-and-young-people/>

