



What I should already know:

- 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

By the end of this unit:

- Know how to deal with and manage anger
- Understand your own feelings
- Begin to understand how to react to someone who is coping with difficult feelings
- Begin to develop a positive self concept

Key Facts at the end of the unit:

- Anger is an emotion that everybody feels.
- Emotions are feelings, behaviour is an action.
- I can speak to a trusted adult when somethings are difficult.
- Memories of loved ones are cherished
- Saying I can develops your self esteem

Vocabulary

Anger	A strong feeling of annoyance, displeasure or hostility.
Bereavement	The death or loss of a loved one.
De-stress	To do something to become less stressed or anxious
Emotions	A strong feeling or mood
Memories	Something remembered from the past.
Mental Health	The emotional state of a person and how they are feeling.
Relaxation	Being free from anxiety or tension.
Self esteem	Confidence in your self—believing your self worth.
Trusted Adult	Somebody you can turn to for help and support.

<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/>