



What I should already know:

- 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

By the end of this unit:

- Communicate feelings—recognising, naming and describing feelings.
- Recognise as they approach puberty that emotions change
- Identify positive things about themselves and their achievements
- Recognise new challenges and make responsible choices
- Talk about teenage years
- Feel and express satisfaction
- Feel and express contentment

Key Facts at the end of the unit:

- Verbal and non verbal signals are 2 different types of body language
- During puberty both our bodies and emotions change
- Squared breathing is a relaxation technique
- You become a teenager at 13 years old
- Being self conscious increases your levels of anxiety

Vocabulary

Anxiety	A feeling of worry, nervousness or unease about something with an uncertain outcome.
Body language	Conscious and unconscious movements and postures by which attitudes and feelings are communicated.
Contentment	A state of happiness and satisfaction.
Mental Health	The emotional state of a person and how they are feeling.
Puberty	When a child's body begins to develop and change as they become older.
Relaxation	A way of becoming calm , rested and free from stress.
Self conscious	Excessively aware of being observed by others.
Teenager	A young person whose age falls between 13 -19.

CAMHS



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With you all the way



<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/>