

September 6th 2017

Year 4 PSHE Curriculum

Dear Parents/Carers,

As part of our PSHE curriculum, the children will be learning more about their feelings and emotions. They will be finding out about why they experience difficult emotions such as disappointment, sadness and guilt and how to manage feelings in a safe way. This will later link in to work around friendship and thinking about ways to act responsibly with our friends when both in and out of school.

The children will take part in a number of different activities, for example art and design, circle time, drama/puppetry, listening to stories and watching media clips from Interactive Sarah and the Whammi, a CCEA resource based on the Channel 4 drama series of the same name.

Through this learning the children will come to:

- Realise that all emotions are an acceptable and important part of who they are;
- Recognise and talk about a number of difficult emotions;
- Experience a range of strategies to help them control uncomfortable and difficult feelings; and
- Realise how to express their emotions safely and recognise that it is important to do so.

Please talk with your child about this learning that is happening in the classroom and discuss with him/her the activities they have been doing in class. A good way to do this is through incidental experiences that arise at home or during a story being told. Your positive participation and interest will help your child grow in confidence and be able to deal with the difficult feelings and emotions they may face in the future. It will also give you an opportunity to talk about any questions or uncertainties they may have.

If you have any questions, please do not hesitate to contact us.

Many thanks for your continued cooperation.

Miss E Burrows Mrs S Tough
Pupil Well-being Leader PSHE Leader

