

## Emotions

START OF THEME ASSEMBLY	Different emotions – what are they?		
Theme/Objective	Class 2	Class 3	Class 4
<b>Week 1</b> <i>Emotions</i> <i>Recognise a range of emotions</i>	Write different words or draw pictures to describe feelings Show on own faces	Extend vocabulary and deepen understanding of feelings Make a mind map Thesaurus work	Extend vocabulary and deepen understanding of feelings Sort into positive/negative feelings Thesaurus work
<b>Week 2</b> <i>Recognise feelings in ourselves</i>	Drama work to show emotions discussed last lesson on faces and bodies. Colours to represent feelings (link to a story)	Know what makes me angry, sad or happy What do I look like and what does my body feel like when I'm feeling these emotions? Draw faces to show the emotions	What makes me angry or sad? Order feelings – look at how our feelings escalate (traffic light idea) How can we control these feelings? How does our body react to certain feelings? (sweating, butterflies in stomach)
<b>Week 3</b> <i>Recognise feelings in others</i>	Use a story and stop at feelings shown Children to hold a picture or word to show that feeling Feelings mirror – look at face showing a feeling Circle time – I like feeling... because or I don't like feeling... because	Feelings bingo Match feeling faces in a bingo or snap type game – say the emotion to keep the cards What makes others feel these emotions – link to school and home (differences) Circle time – I appreciate... because	Boz and Jaz story (online showing off) Is it easier to ignore feelings online? Wanting to be part of the crowd – saying no to friends – is it ok? Peer pressure Misinterpreting text messages Circle time – I appreciate... because
<b>Week 4</b> <i>Coping with feelings</i>	Who to turn to What is a 'big' feeling? Why do you feel it? Role play	Is it ok to be angry or sad? When is it important to ask for help? When and how to sort it myself	Dealing with 'minor' feelings – how do I do this? What happens when feelings are out of control? (violence for example) What can I do to help myself?
<b>Week 5</b> <i>Know that feelings can be hurt</i> <i>How to respond appropriately</i>	Match feeling faces to words Act out feelings Explore and discuss feelings – why and when we feel them	Images of emotions (SEAL box) – make up a short story around the images	What upsets us or makes us happy How can words upset others? Story – 'It's not fair' Debate
<b>Week 6</b> <i>Know how and when to ask for help</i> <i>Review and assess</i>	Use story 'Not now Bernard' – please listen – role play	Use story 'The Tear Thief' Why did the children cry in the story? Why did they feel that way? Who to trust	Think about and discuss who and when to ask for help (online and professional)