



## Key Facts

- Isolation and loneliness can affect children and it is very important for children to discuss their feelings with an adult and seek support
- The different characteristics of a friendship include: mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and supporting each other with problems and difficulties
- Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- Most friendships have ups and downs, and these can often be worked through so that the friendship is repaired or even strengthened. Resorting to violence is never right

## I will learn the following new words/phrases:

Recognising	Identifying someone or something from previous experience or contact.
Loneliness	The feeling of being alone, even when people are around.
Frustration	Feeling upset or annoyed because you cannot change or achieve something.
Experience	Gaining knowledge or skill from doing, seeing, or feeling things.
Jealousy	A feeling of envy towards another person and what they have or can do.

## By the end of these topics, I should:

- understand a range of emotions and how they make us feel physically and mentally
- be able to recognise and name emotions and their physical effects
- know the difference between pleasant and unpleasant emotions
- learn a range of skills for coping with unpleasant/uncomfortable emotions
- understand that feelings can be communicated with and without words

## Ask me a question!

- How do we experience feelings and emotions in our bodies?
- Who can support us with our feelings/emotions?
- How can we reduce the unpleasant effects of negative emotions?
- Can you describe the feeling of jealousy?





### Key Facts

- Families are important for children growing up because they can give love, security and stability
- There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- It is important to judge whether what you are feeling and how you are behaving is appropriate and proportionate
- Mental wellbeing is a normal part of daily life, in the same way as physical health

### I will learn the following new words/phrases:

Grief	Great sadness, often following a death or loss.
Confusion	Uncertainty about what is happening, intended, or required.
Memory box	A special place where memories are stored.

### Ask me a question!

- What are some of the reasons we might feel or experience grief?
- What other kinds of feelings could we experience if we were feeling grief?
- What could you do if you feel sad about losing someone or something?
- How could you help someone who is experiencing grief?
- How can manage other difficult emotions, such as worry, anger, and jealousy?

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