



YEAR TWO PSHE

Emotions and Well-Being

How can we understand and manage our feelings so we can be the best we can be?



OUR LEARNING JOURNEY

- 1 To explore the range and scales of emotions.
- 2 Understand that being aware of our thoughts and feelings can help us to manage them.
- 3 To know how to recognise and talk about our feelings – extend to other people's perspective.
- 4 To recognise that worrying, feeling lonely and feeling down are normal and that our emotions and feelings can change and fluctuate.
- 5 To judge how they are feeling and if their behaviour is appropriate (zones/teach size of the problem).
- 6 Understand how to manage feelings such as disappointment and frustration.

Small Medium Large

KEY VOCABULARY

emotion A feeling we have inside.	feeling How we feel at a particular time.	thoughts Ideas in our mind.	well-being Being happy, healthy and safe.
worry Feeling anxious or concerned.	lonely Feeling alone or without company.	manage To handle our feelings and behaviour.	perspective Thinking about how other people might feel.
frustration Feeling annoyed when things are hard.	disappointment Feeling unhappy when things don't go as we hoped.	calm Feeling peaceful and relaxed.	support Help and encouragement from others.

ZONES OF REGULATION

BLUE ZONE

Sad, tired, sick, bored.



I need rest and support.

GREEN ZONE

Happy, calm, ready to learn.



I'm good to go!

YELLOW ZONE

Worried, silly, frustrated, losing control.



I need to slow down.

RED ZONE

Angry, terrified, out of control, panicked.



I need help!



Top tip: It's ok to feel in any zone. What matters is knowing what we can do to help ourselves get back to the Green Zone.

MY TOOLBOX – WAYS TO MANAGE MY FEELINGS

Talk about how I feel 	Take deep breaths 	Have a movement break 	Draw, write or use my calm space 	Think positive thoughts 	Use my toolbox
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MAKE CONNECTIONS

- ★ How can I spot when I am starting to feel worried or angry?
- ★ How does thinking about other people's feelings help us?
- ★ What helps me to feel calm and happy?



HOME LEARNING IDEAS

- ★ Talk to your family about different emotions and how you manage them.
- ★ Create your own feelings thermometer.
- ★ Try a calming strategy at home and see how it helps.



ASK ME...

- ✓ What zone am I in today?
- ✓ What strategies help me to calm down?
- ✓ How can I help a friend who is feeling sad or worried?
- ✓ Who can I go to for help if I need it?



MY CHECKLIST

- ☐ I can name a range of emotions.
- ☐ I can talk about how I feel.
- ☐ I can understand how other people feel.
- ☐ I can use strategies to manage my feelings.
- ☐ I can ask for help when I need it.



I CAN'T DO IT...YET!

I can't do it...YET!
But I will keep trying!
YET means I am learning, growing and getting better.
I believe in myself!

