

# Y2 Firecrests

## PSHE

### Autumn 1 2023



## Be Yourself

### Talking About Our Feelings

By talking about how we feel, we can get help if we are worried, understand someone else's point of view about a situation and learn from people we **care** about. We all experience lots of different **feelings**. We might feel **happy**, sad, angry, **calm**, lonely, excited or lots of other **feelings** too. Some of these will feel comfortable and some may feel uncomfortable. Every **feeling** is OK. If we are worried about anything at all or feel uncomfortable emotions, it is very important to talk to a **trusted adult**.

Key Vocabulary	Definition
care	The way we feel towards people we love. To provide things people need.
feelings	Emotions when experience when things are happening
happy	A comfortable feeling we get when we are enjoying what we are doing.
kind	To be friendly, kind and considerate to others
polite	Speak with good manners and respect
respect	A way of treating someone or something to show it is important and valued
special qualities	Things about us that make us different from others
unique	Something that is special and unlike anything else

### Managing Our Uncomfortable Feelings

We all feel lots of different emotions. Some will be comfortable and some will be uncomfortable and this is OK. It can be helpful to know some ways to help ourselves cope with uncomfortable emotions. We could cry to let our **feelings** out, exercise to help our mood, listen to music to help ourselves feel **calm** or express our emotions and talk to someone we trust.

### Things That Make Us Special

We are all **special** and **unique**. This is exciting! There are lots of ways we are different from other people and this is something to be proud of. These might be things we like, things we are good at or things we are interested in. **Feeling** good about the ways we are **unique** is a way we can be **kind** to ourselves.

### Sharing Our Feelings

Talking to people we trust about how we feel can help us to feel valued and get help if we need it. We are all equally important so our thoughts and **feelings** are equally important as well. When we share our **feelings** with others, it is important to speak **kindly**, **calmly** and with **respect**.

