

Year One Life Skills Autumn 1

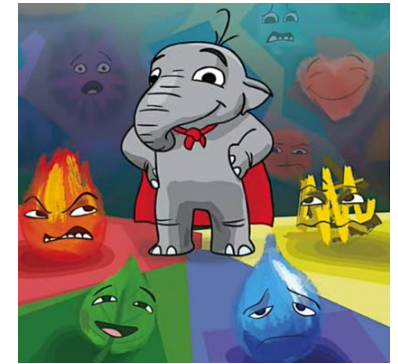


What are feelings?

Health and Well-Being

Big emotions

Big emotions are feelings we may need help understanding. Anger, frustration, sadness and happiness are the four BIG emotions we will come across in Year 1. We need to find ways to deal with these emotions so we can carry on being 'us' every day.



We might feel frustrated because we do not understand something we are being asked to do. We might feel happy because we HAVE understood something we have been asked to do! We all have big emotions, and we can all help each other understand these.

Key Vocabulary	Definition
big emotions	These are emotions we may need extra help with to understand how they are making us feel.
change	To make someone or some thing different. To alter something or someone.
different	Not the same as something else.
emotion	A strong feeling connected to a circumstance, mood or relationship.
feeling strong	Being able to stand up for yourself and take on the world! When we feel happy, we might feel strong.
feelings	An emotional state or reaction we have to something. Some examples are: happy, sad, worried, unhappy, cross, angry, excited, lonely.
loss	The fact or process of losing something or someone important.
manage	To be in charge of the way you do things.
share	To tell someone how you are feeling. To talk openly with someone.
similar	Resembling the same in appearance or character as something else, without being exactly the same.
trusted adult	Someone we feel safe and happy to share our thoughts and feelings with.

What is a Trusted Adult?

A trusted adult is a grown-up that you feel safe and happy with. When you talk to a trusted adult, they will be able to help you understand how you are feeling. If they cannot help you, they will know somebody else who can.



Your trusted adult could be a teacher, parent, older sibling, aunt, uncle, grandparent, your babysitter, or your next-door neighbour. Whoever they are, they are someone you trust to talk to.



Talking About How We Feel.

Is it good to talk about how we feel. Letting people know how you feel is helpful, as if you need help, someone will be able to help you. People will use facial expressions to show their emotions and feelings. Can you tell how someone is feeling from what they look like? Being happy, excited and surprised are all good feelings.

**It's
OKAY
not to be
OKAY
so let's
TALK**

Changes in Life



It is okay to feel worried or sad when things change. We must remember there are lots of things you can do, and people who can help us cope with the emotions. It is important to talk to someone you trust about how you are feeling.

End of Unit: PSHE – How do we recognise our emotions and feelings?

1. How can our facial expressions help show how we are feeling?

2. What can you do if you are feeling worried or unhappy?

3. Name the main parts of your body.