

Year 4 Swifts Life Skills Autumn 1

How Will Our Feelings Grow and Change?

Key Vocabulary	Definition
assertive	The ability to speak up for ourselves in a way that is honest and respectful.
conflicting	When feelings are disagreeing or contradicting each other.
curious	An active desire to learn or know.
emotions	A person's inner feelings
feelings	Any partly mental, partly physical response marked by pleasure, pain, attraction or repulsion.
mental health	Taking care of how we think, feel or act.
overreact	To respond to something with too strong an emotion or with unnecessary or excessive action.
perspective	A way of thinking about and understanding something.
positive affirmation	Short, positive statements such as "I am strong" and "I am able".
resilience	The ability to bounce back after challenges and tough times.
self-regulation	The ability to understand and manage your own behaviour and reactions.

How to Cope With Big Emotions

You are the boss of your body and your emotions. You choose how you react. If you are feeling angry, sad, unloved, lonely, left out you must do something about it. You must talk to someone about how you are feeling and why you are feeling this way. A teacher in school or a trusted adult at home will listen to you and help you work through your problem.

If someone you tell doesn't listen, try another adult. You have the right to be listened to. Try writing down how you feel, or draw if you prefer, just don't keep it in. By sharing your problem, you are beginning to offload your problem.

5 Steps to Managing Big Emotions



What Are Feelings and Emotions?

We all have feelings; they are part of everyone. We feel different things at different times depending on what happens to us. Feelings are a reaction to how your body is feeling. Sometimes we feel sad, like when someone we love goes away. Sometimes we feel happy; like when we are having fun with friends. For example: If you feel scared your body is telling you to react, you might scream or run away. Your body is very clever!

Comfortable Feelings

Some feelings are comfortable feelings.

They make you feel happy.

What do you do that makes you feel like this?

Uncomfortable Feelings

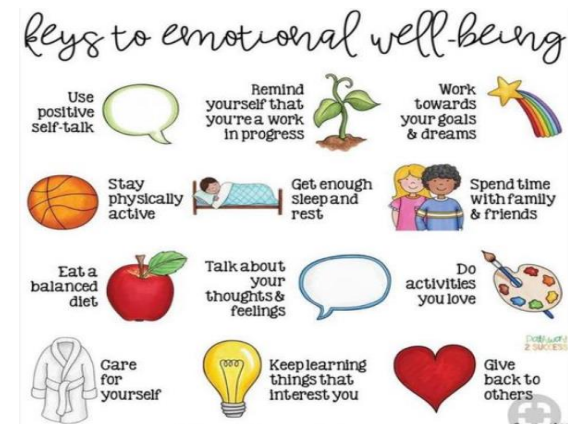
Uncomfortable feelings make you feel sad and angry.

What make you feel sad or angry?



Emotional Wellbeing

This is a positive sense of wellbeing which enables a person to be able to meet the demands of everyday life. People with good mental health have the ability to recover effectively from illness, change or misfortune.



Look After Yourself

Although we need to be able to self-regulate, controlling our emotions and reactions to situations, it's important to know that it's OK not to be OK and to ask for help when we feel overwhelmed.

