

Year 2

Life Skills

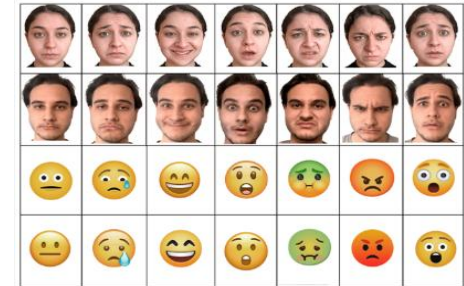
Autumn 1

Why is it important to share our feelings?

Health and Well-being

Facial Expressions

This is the way we use the muscles in our face to show how we are feeling. We can smile, frown, gasp, show anger, be surprised, and look sad. Our face muscles are amazing at helping us.



Key Vocabulary	Definition
body language	The way you move your body to communicate how you are feeling.
care	The way we feel towards people we love. To provide things people need.
change	To make something or someone different. To alter or modify something.
emotions	A state of mind based on circumstances, mood or relationships with others.
facial expressions	The way your face shows how you are feeling. The way the muscles move under your skin.
feelings	An emotional state or reaction.
loss	The fact or process of losing something or someone.
respect	A way of treating someone or something to show it is important and valued.
special	What makes you different from everyone else. They way you make an extra effort.
uncomfortable feelings	The way we feel inside when we are not feeling happy. Uncomfortable feelings can be cross, angry, scared, embarrassed, guilty or shameful.
unique	Being the only one of its kind. Being unlike anything else.

Body Language

This is the way you present yourself. Positive body language is open and inviting, while negative body language makes you looked closed down and unwilling to communicate with anyone.

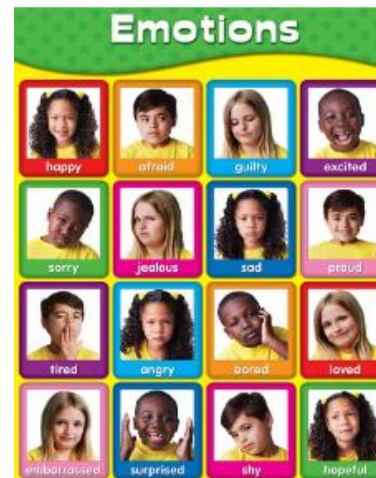


Emotions and Feelings

There are many different emotions and feelings we can experience. Some common ones are happy, sad, anxious, afraid, proud and tired.

How we are feeling depends on the mood we are in and what is happening around us.

Some feelings can be uncomfortable feelings. These are when we feel unhappy, sad, cross or angry. They make us feel uncomfortable inside us.



Feelings of loss and Change

Sometimes our emotions and feelings are sad. This can be when we lose something special to us, like a favourite toy or a pet, or if we experience a big change, such as moving house or schools.

