

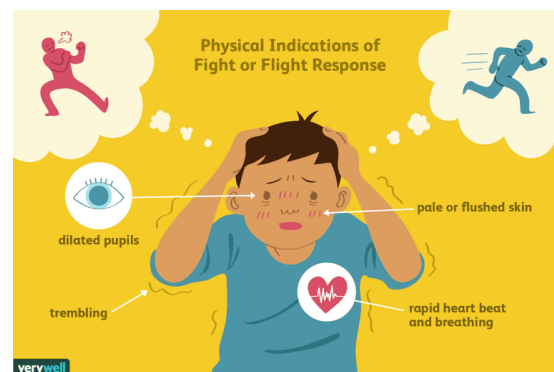
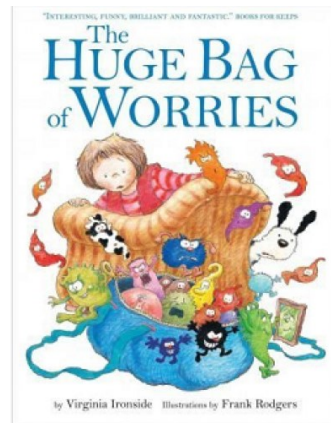
## Year 3 PSHE: Relationships -My Emotions (half-term)

### Learning to Recap:

- I know what makes me feel a range of emotions
- I know my emotions can affect others
- Strategies for managing emotions: breathing, counting, relaxing
- Thoughts, feelings and behaviours are all linked
- Being impulsive means there is little or no thought before someone reacts
- I know that some behaviours lead to consequences. Negative consequences in school include missing playtime

### New Knowledge and Vocabulary

|  |  |
|--|--|
| Range of emotions                                | Joy, trust, fear, surprise, anticipation and disgust.  |
| Comfortable or uncomfortable                     | Some emotions make us feel comfortable (trust, happiness) however others make us feel uncomfortable (fear, anticipation, disgust)  |
| How do emotions affect interactions with others? | Our emotions can affect our behaviour. They can also affect how other people think and respond to us. Our emotions and behaviour can make others feel comfortable or uncomfortable.  |
| Worries  | Something that makes us feel anxious or troubled (uncomfortable)<br><i>See The Huge Bag of Worries</i>   |
| Fight or flight response                         | When we believe we are in danger we respond in one of two ways: fight or flight. In other words we either fight or attack the danger or we flee or run away from it.   |
| Strategies for managing emotions                 | Breathing (in through the nose, out through the mouth)<br>Slow counting<br>Relaxing—meditation, yoga, drawing, music<br>Talking - a worry shared is a worry halved<br>Moving—away from the situation or doing something physical |



**Because, but, therefore...**

We should talk to anyone about anything, no matter how small because...

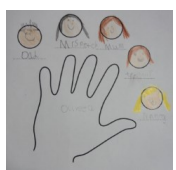
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### Application of knowledge

- Participate in circle time discussions about emotions, reactions, worries and strategies
- Identify and practise a range of strategies for managing behaviours**
- Update a network hand(s) featuring trusted adults who could help

Review and update my network



2x adults at school; 2x adults at home (outside of school); 1x friend