


Year 1 PSHE: Relationships -Beginning and Belonging

Learning to Recap:


- Our school is called Godmanchester Community Academy
- We followed the school expectations and listen to the adults
- A range of emotions: happy, sad, angry, excited
- Feelings (reactions) linked to these emotions: hot, butterflies, lonely, tired, jumpy
- Other people have feelings and our actions can affect them.
- We can make people feel welcome or better by smiling, listening, talking and playing
- We can calm down or get help by stopping, waiting and telling
- We all have a network of trusted people who can help us.

New Knowledge and Vocabulary

My emotions	Describing feelings and emotions is important. Different people feel better emotions at different times. E.g., rollercoasters make me feel scared but my brother feel excited.
Affecting others	Our emotions can affect others. E.g., if you are angry, other people may feel scared or sad.
Strategies for managing emotions	Take a break Count Move and stretch Deep breaths (in through the nose, out through the mouth) Relaxation—meditation, music, yoga, drawing
Thoughts, feelings and behaviours	Our thoughts affect our emotions and feelings. Our emotions affect our behaviours. This link can be good but also can lead to bad behaviours.
Impulsive behaviours	Reacting without thinking.
Consequences	Behaviours have consequences. In school poor behaviour leads to negative consequences (usually losing play time or choosing)
Review and update my network	 <p>2x adults at school; 2x adults at home (outside of school); 1x friend</p>

Calming Strategy

Take a Break



How?

1. Ask for a break
2. Set a timer
3. Choose a relaxing place or activity
4. Return to work when timer goes off.

Why?


- Breaks up repetitive tasks.
- Releases stress from difficult tasks.
- Allows your brain and body to "reset".

When?

- When you can't focus on an activity.
- When you start to feel frustrated or
- After a difficult task.

Calming Strategy

Count



How?

- Count to a specific number
- Repeat until you are calm.
- Count slowly. Breathe in between numbers.

Why?


- Reduces impulsive reactions.
- Gives you a chance to calm down.
- Helps you think about something else.

When?

- When you feel angry or frustrated.
- When you feel overwhelmed.
- Before or after a stressful activity.

Calming Strategy

Move Body



How?

- Stand up.
- Stretch.
- Go for a walk.
- Use your muscles.

Why?


- Making increases happiness.
- Stretching releases anxiety.
- Using your muscles improves attention.

When?

- Before you start an activity.
- After you finish an activity.
- When you feel frustrated or anxious.

Calming Strategy

Deep Breaths



How?

- Breathe deeply and slowly.
- Breathe until you feel calm.
- Imagine blowing out birthday candles.

Why?

- Reduces stress.
- Calms the body.
- Lowers blood pressure.

When?

- When you feel angry.
- When you feel stressed.
- Throughout the day.

Because, but, (therefore)...

Knowing how to relax is important because...
Knowing how to relax is important but...

Application of knowledge

Participate in circle time discussions about emotions, strategies to manage emotions, thoughts, feelings and behaviours, impulsivity and consequences

Identify and practise a range of strategies for managing behaviours.