

## National Curriculum: EYFS goals

### Personal, Social and Emotional Development

- Express their feelings and consider the feelings of others.
- Identify and moderate their own feelings socially and emotionally.
- **ELG: Self-regulation:** Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.

## Prior Knowledge:

EYFS UTW: Name and describe people who are familiar to them.

Self-regulation: Identifying my feelings and describing my feelings

Special people in my life.

## Key Vocabulary:

- feelings
- emotions
- happy
- sad
- angry
- calm
- scared
- loved
- happy
- cheerful
- positive
- delighted
- smiley
- sad
- unhappy
- upset
- gloomy
- miserable
- angry
- cross
- calm
- peaceful
- nervous

## PSHE: Year R

### Families and relationships



## Context:

In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.

## Enhancement:

Bringing in a worry monster for the class.

## Sticky Knowledge:

Learnt the definition of feeling and emotion.

Able to distinguish which emotion they are feeling.

## Observations:

- Are the children able to identify the different emotions present in the story?
- Can children talk about when they feel each of the emotions?
- Are the pupils able to think about how they would feel in different situations and possibly offer an explanation as to why?
- Are the children able to identify the different emotions present in the story?
- Can children talk about when they feel a certain way?
- Can the children suggest what they may do when they feel a negative emotion?
- Can the children identify how they are feeling during the lesson?
- Are the children able to identify the different emotions present in the story?
- Can the children suggest what Leena and Archie could have done differently?
- Are the children able to use a variety of different words to express how they or others are feeling?
- Can the children express how they are feeling?
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- Can the children express how they are feeling?

## Skills:

- To learn strategies for coping with negative or overwhelming emotions.
- To explore different coping strategies to help regulate our emotions.
- To identify our own feelings.
- To consider the reasons behind our emotions.
- To explore the different adjectives that can be used to describe feelings.