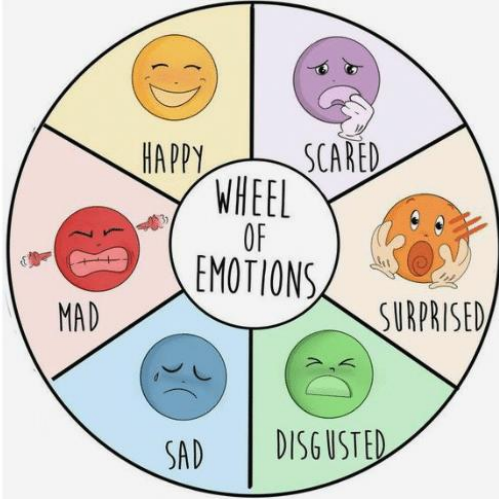


My Healthy Self - Year 1



Key Vocabulary

Emotions	Emotions are reactions to things we see, hear, think, or experience
Trusted adult	A trusted adult is any adult in a young person's life whom they feel safe turning to for support, guidance, and care.
Body clues	Physical signs that indicate emotions or feelings.
Face clues	Facial signs that indicate emotions or feelings.



Things I should already know

- Children will learn to identify their feelings and communicate them to others.
- Understand the feelings of others.
- Building relationships.
- Regulating emotions.

At the end of my learning, I will know

- Beginning to recognise and name a wider range of emotions and feelings in themselves (including the six basic emotions).
- Beginning to recognise how others are feeling by examining facial expressions and body language cues.
- Beginning to express why they are feeling a certain way, e.g. in response to a particular emotion or situation.
- Beginning to describe how strong their feelings are using simple scales and language.
- Talking about whether something made them feel 'a little bit' or 'very' upset, excited, angry, etc.
- Beginning to notice when they or others might need help with their feelings from a trusted adult.
- Identifying a trusted adult (e.g. teacher, TA, parents) to talk to if needed.
- Talking about things that help them feel calm or happy (e.g. playing, hugging a loved one, quiet time, etc).
- Noticing when they or others feel sad, worried, left out or lonely.
- Talking about how someone might feel when someone else is repeatedly unkind to them.