

Topic	We all have feelings	Stage Age range	KS1 Year 1
<p><b>Introduction</b></p> <p>This lesson focusses on how to recognise and describe different feelings in themselves and others; and what (or who) helps them with their feelings.</p> <p>This cover sheet links directly to a PSHE Association resource and the resource must be downloaded in full from the PSHE Association's website</p>			
<b>Learning aim and outcomes</b>		<b>Key messages to convey to children</b>	
<p><b>Before utilising the lessons please read the accompanying teacher mental health &amp; wellbeing guidance:</b> <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-mental-health-and">https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-mental-health-and</a></p> <p><b>Aim</b></p> <p>To recognise and describe different feeling in themselves and others.</p> <p><b>Learning outcomes</b></p> <p><b>By the end of the lesson children will be able to:</b></p> <ul style="list-style-type: none"> <li>•Recognise and name some feelings that they might have</li> <li>•Explain how feelings can make their bodies feel inside</li> <li>•Describe how other's might be feeling</li> <li>•Identify who can help them with feelings, and how they can help others</li> </ul> <p><b>These learning outcomes have been taken directly from the PSHE Association's resource (link below)</b></p>		<p>Ensure that the lesson begins with creating a safe space, including ground rules for how the lesson will be managed. Brook advises discussing confidentiality and safeguarding when creating your safe space.</p> <p>Always ensure time for clear signposting at the end of every lesson, this could be within your educational setting or to local services in Cornwall, as well as reputable organisations online.</p> <ol style="list-style-type: none"> <li>1. Feelings are normal things that we all have.</li> <li>2. It is important that we start to get to know our feelings and learn the words that describe how we feel to help us talk about them.</li> <li>3. Some feelings feel good and some feel not so good, this is normal for everyone.</li> <li>4. We can learn ways to help ourselves and our families and friends feel better.</li> </ol>	
<b>Where to find up to date information</b>			
<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>			

<https://www.childline.org.uk/>

<https://www.mentalhealth.org.uk/>

5. Some feelings can be very hard to talk about, we must/should always ask for help for ourselves and our friends if we are upset, worried, confused, scared or angry. Help is something we can always get from an adult we trust like our parent, carer or a teacher.

### Ways to differentiate this resource

#### Consolidation:

- For some children, it may be more appropriate to break down this lesson into smaller parts and to have a member of support staff run through each component individually.
- For some children, it may be useful to have them list feelings in order to consolidate their idea of what a feeling is.

#### Extension:

- Children could think of things they can do if they experience a not so good feeling.

### Links to government statutory guidance & PSHE Association guidance (The wording below is directly quoted from PSHE Association and Government guidance)

- **That mental wellbeing is a normal part of daily life, in the same way as physical health**
- **That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations**
- **Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests**
- **How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others**
- H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)
- H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good
- H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better
- H24. how to manage when finding things difficult

### Things to consider and linking to a whole school approach

- Mental Health and Wellbeing will be taught throughout a child's education in line with the government statutory guidance. PSHE lessons should therefore not be taught in isolation and always form part of a well-prepared PSHE curriculum at each key stage.
- Implement the key concepts within a trauma informed approach across the whole school. Namely working to ensure your school is a safe place for children and young people. This includes creating a safe learning environment for PSHE lessons, increasing empathy

and emotional regulation prior to behaviour regulation and boundary setting, open communication, transparency and trustworthiness in teachers and adults within school.

- The structure of your pastoral/ student support services and how children can access help and support (Does your educational setting have a school mentor or counsellor the children are aware of?)
- 10th October is World Mental Health Day, 18th \_ 24th May is Mental Health Awareness Week – can your school raise awareness?
- Be aware of the family circumstances of children and young people where they or family members may be experiencing mental health challenges or mental ill health, adapt your teaching and provide any additional support required
- Are there any children who might struggle with talking about feelings in your class?

### Where to access the resource

**Download KS1 lesson plans and resources here:**

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans>

Scroll to the bottom of the page where you will find a ZIP folder – this contains all mental health lessons at Key Stage 1 and 2 in a single folder. No log in is required.