



Tacolneston and Morley Federation



Year 1 PSHE- **Health and Wellbeing**- Feelings PATHS

Key Knowledge

Different types of feelings

Name different feelings (good and not so good feelings)

Recognise that people might feel differently about the same situation

Can identify how different emotions might look and feel in the body

Managing different feelings

Some feelings can be stronger than others

Describe some ways of managing different feelings

Know when to ask for help

How change and loss can feel

Examples of when people might experience change or loss (eg a lost toy, when a pet dies, moving home or school)

Describe how people might feel when there is a change or loss

Recognise what they can do to help themselves or someone else who may be feeling unhappy

Vocabulary

Feelings -an emotional state or reaction

Emotions -a strong feeling deriving from circumstances, mood or relationships with others

Examples of feelings/emotions to be considered-

Happy, angry, excited, embarrassed, cold, hot, surprised, tired, astonished, upset, worried, nervous, proud, sad, confused, scared, poorly, calm, stressed, disappointed, overjoyed, furious, terrified, disgusted, miserable

Experience - an event or occurrence which leaves an impression on someone

Behave - act in a specified way, especially towards others

Positive - constructive, optimistic or confident

Change - the process through which something becomes different

Loss -the process of losing something or someone

