



Tacolneston and Morley Federation



Year 4 PSHE- Health and Wellbeing Dealing with Feelings

Key Knowledge

Children will learn:

A wide range of emotions and feelings and how these are experienced in the body

- Name and describe a wide range and intensity of emotions and feelings
- Understand how the same feeling can be expressed differently
- Recognise how emotions can be expressed appropriately in different situations

Times of change and how this can make people feel

- Identify situations when someone may feel conflicting emotions due to change
- Identify ways of positively coping with times of change
- Recognise that change will affect everyone at some time in their life

Feelings associated with loss, grief and bereavement

- Recognise that at times of loss there is a period of grief that people go through
- Understand there are a range of feelings that accompany bereavement
- Know some ways of expressing feelings related to grief

Vocabulary

Feelings - an emotional state or reaction

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

(examples of emotions to be explored - joy, fear, sadness, anger, happy, excited, frightened, worried)

Intense/intensity - of extreme force, degree or strength

Express - convey (a thought or feeling) in words or by gestures and conduct

Change - make or become different

Conflicting - mixed feelings, a state of emotional confusion

Loss - the process of losing something or someone

Grief - intense sorrow, especially caused by someone's death

Bereavement - be deprived of a close relation or friend through their death

Events - a thing that happens or takes place, especially one of importance

Rituals - a ceremony consisting of a series of actions performed in a prescribed order

