

	EMOTIONS – Understanding our emotions and those of others.
Rec	<p>We all have feelings and some are good and some are bad and knowing this helps our well-being</p> <p>I know that sometimes I feel happy. I know that sometimes I feel sad.</p>
Y1	<p>I can tell when I feel happy or sad.</p> <p>I can tell when I am happy as I smile a lot. I also like to play with my friends when I am happy. When I am sad my tummy feels funny and I don't want to talk to anybody.</p>
Y2	<p>I can tell people how I am feeling.</p> <p>I don't always need to tell people that I am happy as I think they can tell because I smile. Sometimes I feel sad and I tell my friends so they can help feel better. Somethings make me angry and I know that if I tell an adult they will help make these feelings go away.</p>
Y3	<p>Understand that feelings effect my behaviour.</p> <p>I know that when I'm in a good mood I am kind and play nicely with my friends. I know that I can get a bit too excited sometimes and forget to follow all the rules. If someone upsets me, it makes me feel sad so I don't want to play with my friends and I just want to sit by myself.</p>
Y4	<p>I can recognise how others are feeling and offer support if needed</p> <p>I can sometimes tell how other people are feeling: by how they behave, I have a friend who jumps around when they are happy! by how they look, I have a friend whose face looks so sad when they are upset. by how they talk, I have a friend who shouts when they are angry! It is important I try and help my friends when they are not feeling good.</p>
Y5	<p>I can understand that I need to use my resilience and resilience network to help me when I feel low</p> <p>Nobody can feel great all of the time and when we don't we need to try and pick ourselves up. We use our resilience which I see as an invisible power shield inside us, that is made up of all the positive things in our life. When I feel sad after falling out with one of my friends I remind myself that they we are good friends to each other most of the time. I also feel anxious sometimes about doing my school work and it doesn't matter how much I tell myself I can do it – I just think I can't. That is when I know I need my trusted adults to help me, I speak to my mum and she helps me, she spoke to my teacher who gives me extra support when I need it and now I have someone I can talk to if I feel anxious. Sometimes we all need support.</p>
Y6	<p>I understand that my well-being is improved recognising my emotions, controlling my behaviour and by empathising with others.</p> <p>When I identify and understand my emotions even if they are negative it helps me feel balanced, calm and in control.</p>

	<p>I know if I am getting angry with my friends as I start to get hot and my brain feels a bit fuzzy. If this happens I know to move away and use one of my calming techniques, like controlling my breathing and counting to 10.</p> <p>I can also understand how my friends feel and this helps me think about my behaviour and support them.</p> <p>When you manage to stay calm it makes you feel and helps prevent negative experiences.</p>
Rights and Responsibilities	<p>To be loved</p> <p>To love others</p>