


Year 2 How am I feeling?

Autumn 1



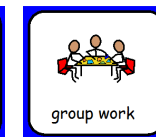
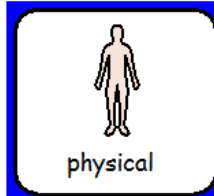
 Do I recognise my feelings?

Do I know how to manage my feelings?



Key Outcomes
I know what a feeling is and can name and understand some of them.
I know how to make myself feel good .
I can recognise how my feelings affect my body and my behaviour.
I understand that the feelings change as I grow.
I know how to manage and share my feelings with others.
I can be resilient when asking for help.

Key Vocabulary	Definition
feel	To have a strong emotion of.
feeling	An emotion of e.g. happiness, sadness, anger.
emotional	When you have strong emotions or feelings.
physical	Related to the body, e.g. a physical training.
mindfulness	Slowing down and paying full attention to something. Focusing in a relaxed and calm way.



Key Skills
I can actively listen and respond to others.
I can be an effective member in a small group task.
I know suggest different ideas and possibilities.
I can build on other ideas.

Who Can you turn to for help and Support?	
Parents or trusted family member	Helpline: 0808 800 5000 (24 hours, every day) https://www.nspcc.org.uk
Your Doctor or Practice Nurse	Helpline: 0800 1111(24 hours, every day) https://www.childline.org.uk
Teachers or School Staff	https://www.nhs.uk/live-well