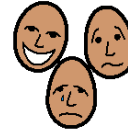


Year 4 My Feelings And Me

Autumn 1



How do I manage changes in my feelings?

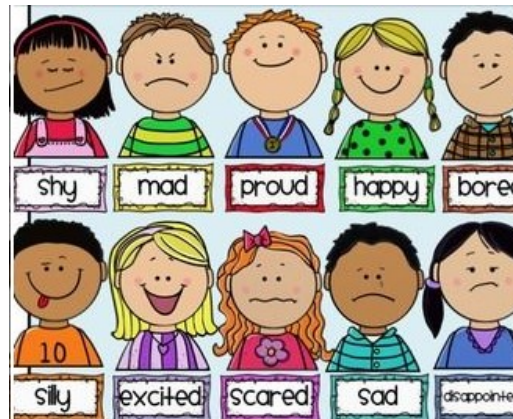


How can I build my self-esteem and self-worth?



Key Vocabulary	Definition
individuality	The qualities that make a person or thing different from all others.
attributes	A property of an object or person.
achievement	Gotten through great effort.
self-worth	Confidence and pride in oneself; self-respect.
reframe	To express words or ideas differently.

Key Outcomes
I understand how everyday things can affect our feelings.
I can recognise our personal attributes and achievements and the effects that these have on our feelings of self-esteem and self-worth .
I know how feelings change over time and can be experienced at different levels, times and intensities.
I understand and recognise the importance of expressing and managing different types of feelings.
I know that sometimes support and resilience is needed to manage our feelings and I am able to set goals and manage setbacks .



Key Skills
I can draw upon evidence and my own experiences.
I can show willingness to illustrate the ideas of others with own experiences.
I can identify associated concepts and explain their relevance and connections.
I can empathise with how others are feeling and thinking about things.
I know how to encourage others to join in discussion.
I can suggest reasoned conclusions.

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