

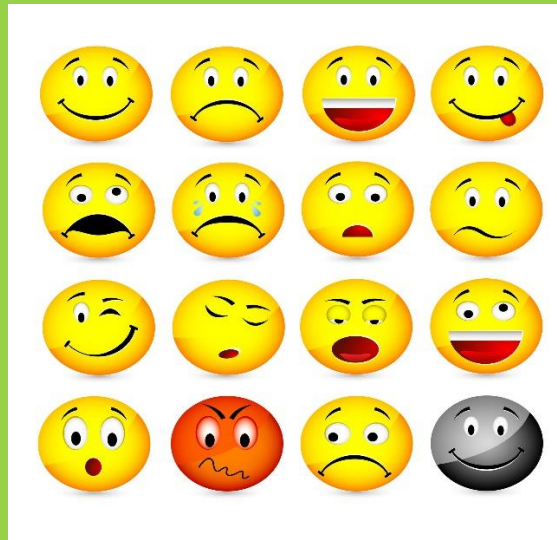


We will be exploring the different ways in which our emotions can influence our behaviour, affect our relationships and shape our development. We will be talking about the changeable nature of our moods and emotions, and find ways to help to cope when we feel overwhelmed or impatient.

Key Vocabulary

Emotions	Strong feelings arising from our mood, circumstances or relationships with others
mood	A temporary state of mind or feeling
hormones	Regulatory substance produced in our bodies, which can influence our behaviour or mood
overwhelmed	Having a strong emotional response
boredom	Feeling of weariness and impatience when we are not interested in our current activity
Problem solving	Finding solutions to emotional problems using strategies such as talking to friends and recognising how our moods change over time.

Images:



Key facts:

- *To know that people communicate their emotions through their behaviour, e.g., crying can show sadness.
- *To know that people can experience different emotions in the same situation.
- *To know some ways that people show their mood, e.g., smiling to show happiness.
- *To know some of the signs that they or somebody else is overwhelmed such as being upset or grumpy.
- *To know that boredom can be feeling unhappy because something is uninteresting.
- * To know that talking about worries can help.

Skills learned this unit:

Previously learned skills:

- New experiences
- Resilience
- Managing emotions
- Networks of support
- Online sources of support
- Mental health
- Self-respect & identity
- Feelings, thoughts, behaviour
- Recognising strong
- Mental health
- Self-respect & identity

Skills learned in Year 6

- Friendship difficulties and how to manage them.
- Physical, mental and emotional wellbeing.
- Managing Change
- Recognising a range of changes
- Naming and recognising emotions in ourselves and others,
- Learning strategies for change
- Supporting others going through emotional changes.

