



About this topic

This unit is inspired by the idea that having confidence to 'be yourself' can have a positive impact on mental health and emotional wellbeing. It aims to enable children to recognise their positive qualities and appreciate their individuality. In this unit, children are encouraged to recognise different emotions and explore different strategies to help them manage any uncomfortable feelings they experience. They will learn about how big life changes impact on feelings and emotions and explore the importance of sharing their thoughts and feelings.

Key Learning

To identify their own special traits and qualities and say what makes them individual.

Identify and name common feelings and identify these feelings from facial expressions and body language.

Select times and situations that make them feel happy or unhappy and explain how to manage feelings such as anger.

To understand the importance of sharing thoughts and feelings respectfully and begin to reflect on how they can support others.

Reflect on how they can support others experiencing change or loss.

Key Questions

What makes you special?

What makes you unique?

How do you feel when?

What do you like / dislike?

What are you good at?

What can you do if you are feeling unhappy or cross?

How does change or loss make you feel?

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Picture That Feeling: In this activity, children cut out and stick three images which show different feelings from either a newspaper or magazine. They then label the feeling being shown by using the given word bank.

Feeling Happy: In this activity, children draw a picture of how the special people in their life help to make them feel happy.