

**Important information**





**Emotions**

**Facial expressions**

**Feelings**

**Equal**

**Fair**

**Mental health**

**Strengths**

**Unfair**

**Kind**

**Unkind**

**Nice**

**Not nice**

# We will build upon your existing knowledge of feelings – happy, sad, angry, excited, scared etc. Having looked at when we might feel this way and what might cause that feeling we will develop how to deal with these emotions.

# The way we act can affect how others feel and we need to think about the way we treat others. Treating others kindly sets, a good example and shows them how you would like to be treated. Some emotions are harder to control than others.

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|  | Lesson Question | What you will learn | Learning Review |
| 1 | Recap –What makes you feel different feelings? Examples of when we have felt that way.  | You will learn about keeping yourself safe, trust and trusted grown-ups.You will learn about different types of feelings and the effects of these feelings. |  |
| 2 | Who is a trusted adult to you? | You will explore strategies to deal with bullying and help minimise the long-term damage. We will talk about how best to identify trusted grown-ups. |  |
| 3 | How can you stay safe online? | You will learn about keeping safe when using technology and the internet. You will talk about anti-virus/firewall software, keeping safe when watching TV and keeping safe when playing computer games and watching DVDs. |  |
| 4 | How can you keep yourself safe? | You will learn about the KidSafe rules for keeping our private places safe and learn about good secrets and yukky secrets. |  |
| 5 | What could you do when your friends argue? | You will learn about what to do when friends disagree or fight. You will identify trusted grown-ups other than mums/dads/carers. |  |