



# Waterbeach Community Primary School

## Curriculum Capture for Year 2

### PSHE: My Emotions

#### Key Knowledge and Skills

<p><b>What different feelings can I name and describe?</b></p> <ul style="list-style-type: none"> <li>Recognise different emotions and think of vocabulary to describe how that emotion makes us feel.</li> <li>Describe how I am feeling and how strong the feeling is.</li> <li>Begin to recognise feelings in others by looking at their body language.</li> </ul>	<p><b>How do my feelings and actions affect others?</b></p> <ul style="list-style-type: none"> <li>How someone behaves and how they are feeling inside are closely linked.</li> <li>Someone else's behaviour can make us respond differently to them.</li> <li>How we behave can change how other people respond to us.</li> </ul>
<p><b>What is impulsive behaviour?</b></p> <ul style="list-style-type: none"> <li>Understand that impulsive behaviour is where we do something before thinking about it.</li> <li>It is important to stop and think first about what we are doing before we act.</li> </ul>	<p><b>Who can I talk to about my feelings?</b></p> <ul style="list-style-type: none"> <li>I know adults I can trust to about my feelings using a 'Helping Hand' sheet that lists people I can trust and talk to.</li> <li>Understand how I can begin a conversation to talk about my feelings.</li> <li>It is okay to feel sad about something that has happened.</li> </ul>
<p><b>What am I good at and what is special about me?</b></p> <ul style="list-style-type: none"> <li>I can say at least one thing I am good at.</li> <li>I can say one thing another person is good at.</li> <li>There are things that are a bit harder to do but we just need to practise them.</li> </ul>	<p><b>How can I stand up for myself?</b></p> <ul style="list-style-type: none"> <li>Being assertive can help us explain our feelings or needs calmly and politely</li> <li>I can recognise what being assertive looks and sounds like</li> <li>I can think of examples when it is good to be assertive.</li> </ul>
<p><b>What are the different ways to manage my feelings?</b></p> <ul style="list-style-type: none"> <li>I understand what 'relaxed' means and how calm movements help me relax.</li> <li>I can think of something I like to do to help myself feel happier.</li> <li>I can use pictures, music and breathing to help me relax.</li> <li>Managing my feelings can help me talk about them.</li> </ul>	

Being able to talk about our emotions will help us to manage them better.



A person's body language and facial expression can affect how we respond to them.

#### Vocabulary to resolve conflict

Body language	Non-verbal (not speaking) way of communicating by using body movement and expressions.
Helping Hand	A sheet of paper with single hand in the middle. In each finger the child writes down the names of adults they trust.
Emotions	A feeling felt, such as anger or sadness in response to something.
Assertive	Being confident and explaining clearly.