



# Waterbeach Community Primary School

## Curriculum Capture for Year 4 PSHE: *Myself and My Relationships*

### Theme: *My Emotions*

Key Knowledge/Skills	
<b>To understand and manage feelings and their impacts.</b>	<b>How to identify their emotions and get support.</b>
<ul style="list-style-type: none"> <li>To be able to use a range of words to explain how they and others are feeling</li> <li>To explain how strong the emotion is and whether it is comfortable or uncomfortable</li> <li>To make suggestions about the causes of particular emotions</li> <li>To identify feelings in others using body language, tone of voice etc.</li> <li>To understand how others express emotions</li> <li>To talk about how the way they express emotions and the way others perceive them can have an impact</li> <li>To identify links between feelings, thoughts and actions in themselves and others.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to identify a strong emotion (worry/anxiety) and know some strategies to deal with it</li> <li>To begin to understand how strong feelings may make them act impulsively or irrationally</li> <li>To understand how thinking or talking things through might help.</li> <li>To know about different sorts of worries and some ways of dealing with them, including sharing them</li> <li>To understand how self-talk can help and begin to use it themselves</li> <li>To know who they can go to for support and have some strategies for seeking help from others</li> </ul>
<b>To understand the impact of feelings on actions.</b>	<b>To identify a range of strategies to deal with their emotions.</b>
<ul style="list-style-type: none"> <li>To be able to explain the 'fight or flight' response and begin to recognise it in themselves and others</li> <li>To make links between this response and a need to calm down and ways of treating others</li> <li>To know why they should sometimes stop and think before acting when we feel angry or stressed.</li> <li>To recognise things they might find more difficult and how that might feel</li> <li>To begin to know that how they feel about something can affect how they tackle it and understand that feeling confident and capable helps when tackling new things</li> <li>To have some strategies for regaining a positive state of mind where this is helpful</li> </ul>	<ul style="list-style-type: none"> <li>To be able to have some strategies for calming down and relaxing thus control their behaviour by stopping and thinking things through at least some of the time.</li> <li>To know what 'being assertive' means and demonstrate some of the skills involved in being assertive. To begin to know when it might be appropriate to be assertive.</li> <li>To be able to understand a simple problem-solving process and to practise using the problem solving process, without help sometimes.</li> </ul>



Key Vocabulary	
Body language	Non-verbal way of communicating.
Tone of voice	<b>How</b> something is said, rather than what.
Impulsive	Acting without thinking first.
Irrational	Not logical or reasonable.
Assertive	Being confident and explaining clearly.

Emotions

