

Year 4 Personal Care

National Curriculum objectives

Pupils learn that doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing. Pupils learn to recognise that feelings can change over time and range in intensity.

Key Learning

- To learn about the range of human emotions and understand that it is normal to feel strong emotions at times and how to deal with negative emotions

Equipment and Resources

- [Identifying Feelings and Emotions sheet](#); print these in A3 size if possible. You will need enough for each group to have one when the class is split into groups of 3 or 4 children.
- [Five Ways to Wellbeing poster](#)
- Picture books; either use a class library, visit the school library or borrow a selection of books from another class
- Post-it notes or collaborative software

Key Questions

How are you feeling today?

How are your friends feeling today?

What might make someone feel angry?

What could make someone feel frustrated?

Key Vocabulary

Angry: A strong feeling of being annoyed.

Confident: Feeling that you can do something successfully.

Conflict: A disagreement or falling out.

Confused: Unable to think clearly.

Content/satisfied: Pleased with something.

Determined: Deciding that you really want to do something and will work hard to make it so.

Embarrassed: To feel self-conscious or ashamed.

Emotions: Feelings that we have inside that can change the way we think or behave.

Excited: Having lots of enthusiasm.

Feelings: An emotional state.

Frustrated: A feeling when you are prevented from or unable to change something.

Happy: Feeling content.

Lonely: Sad because you'd like to be with friends or have some company.

Nervous/anxious: Worried that something might happen.

Pessimistic: Tending to see the worst in things.

Proud: Feeling pleased with what you have achieved.

Sad: Feeling unhappy.

Scared: Feeling frightened.

Shy: Feeling nervous with other people.

Surprised: A feeling you get when something sudden happens. The feeling of surprise can be both good or bad depending on the circumstance.

Tired: How you feel when you haven't had enough sleep.

Unsure: Not feeling certain about a situation.

Safety

- Carry out sessions in a quiet, safe area so that pupils can focus on their thoughts with minimal distraction



STRIVER - KNOWLEDGE ORGANISER

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