

Knowledge Organiser: How do I feel today?

Topic: RSHE - Year 1 Autumn 1

What we are learning: We are learning about feelings and emotions. We will learn to name feelings, notice how they feel in our body, and think about ways to calm down and get help.

Prior Knowledge

- Pupils can know some simple feelings, such as happy, sad and angry.
- Pupils can notice feelings in faces and body language.
- Pupils can know that feelings can change.
- Pupils can know that trusted adults can help.

Key Vocabulary

Term	Simple Meaning
emotion	a feeling inside us
feeling	how we feel
happy	feeling good and pleased
sad	feeling upset or unhappy
angry	feeling mad or cross
calm	feeling quiet and relaxed
safe	feeling protected
worry	to feel unsure or scared
help	something that makes things better
trusted adult	a grown-up who can listen and help
breathe	to take air in and out slowly
calm down	to feel less upset
strategy	a helpful thing we do

Key Ideas

- Everyone has feelings.
- Feelings can be big or small.
- Feelings can change.
- We can show feelings with our face and body.
- We can use kind ways to calm down.
- Trusted adults can help us.
- We must make safe choices.

Simple Strategies

- Take slow breaths.
- Count to five.
- Talk to a trusted adult.
- Sit in a quiet place.
- Use kind words.
- Ask for help.

Learning Outcomes

- Name simple feelings.
- Spot feelings in faces and actions.
- Say how a feeling feels in the body.
- Choose a way to calm down.
- Know who a trusted adult is.
- Ask for help when needed.

Did You Know?

- Your face can show how you feel.
- One feeling can change into another feeling.
- Slow breathing can help you feel calm.
- Talking can make a worry feel smaller.

Reliable Resources

- BBC Bitesize - Feelings and emotions
- NSPCC - Talking about feelings
- YoungMinds - Feelings and emotions
- MindEd for families
- The Children’s Society - Wellbeing resources

