

PSHE Knowledge Organiser Y5/6 – Dealing with Feelings

Autumn 1 Year B – Mental Health and Wellbeing



Key Vocabulary	
Feelings	An emotional state or reaction such as; joy, fear, sadness, anger, happy, excited, frightened, worried
Conflicting feelings	When you have one or more feeling about something. They might be opposite feelings, e.g. you might feel happy, nervous and sad that you are going to secondary school.
Loss	Can be used to explain when someone dies, we might say – ‘I’m sorry for your loss’.
Bereavement	To be deprived of a close friend or relative because they have died
Grief	Intense sadness, especially caused by someone’s death
Intense	Extreme force or strength. Extremely strong emotions.

Possible Children’s literature to support the topic

- Inside out, Disney DVD
- The huge bag of worries, Virginia Ironside
- You’ve got dragons, Kathryn Cave and Nick Mayland
- The worry website, Jacqueline Wilson
- Silly Billy, Anthony Browne
- Changes, Anthony Browne
- The red tree, Shaun Tan
- The heart and the bottle, Oliver Jeffers
- Seal surfer, Michael Foreman
- My gerbil, poem by John Kitching



Useful Websites:

Always talk to someone who helps keep you safe, such as a parent, teacher or other adult you trust.

ChildLine: 0800 11 11 www.childline.org.uk

Life Changes - loss, change and bereavement for children aged 3-11 years old, www.lionslifefskills.co.uk

Questions to think about ...

Why do we have feelings?

Is it possible to have more than one feeling at once?

Can we blame other things or people for the feelings we have?

Can we control our emotions?

How can we control our emotions?

How do feelings affect our behavior?

Assessment

Pupils learn about a wide range of emotions and feelings and how these are experienced in the body

- to name and describe a wide range and intensity of emotions and feelings
- to understand how the same feeling can be expressed differently
- to recognise how emotions can be expressed appropriately in different situations

Pupils learn about times of change and how this can make people feel

- to identify situations when someone may feel conflicting emotions due to change
- to identify ways of positively coping with times of change
- to recognise that change will affect everyone at some time in their life

Pupils learn about the feelings associated with loss, grief and bereavement

- recognise that at times of loss, there is a period of grief that people go through
- to understand there are a range of feelings that accompany bereavement and know that these are necessary and important
- to know some ways of expressing feelings related to grief

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Teaching resources:

Feelings and managing change, KS2 lesson, *Go Givers* www.gogivers.org

Teaching about mental health and wellbeing, *The PSHE Association*

Blobs emotion cards and books www.speechmark.net/search/Blob

PSHE Vocabulary

Feelings Emotions

Conflicting feelings Behaviour

Loss

Bereavement

Grief

Intense