## Year 1 and 2: Health and Wellbeing

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Subject	Specific Vocabulary	How do we recognise our	It's ok to experience different feelings
Emotions	A physical reaction to a threat or reward. E.g. smiling, crying, shouting.	feelings?  Angry  Caring  Happy	5 Steps to Managing Big Emotions 3.
Feelings	A mental reactions to emotions. E.g. sad, happy, nervous.	Profess with Guillage Paralless with Guillage	Use my words to say how I feel and what I wish would happen.  Take 3 deep breaths or count slowly to 10.  Ask for help to solve the
Nervous	To feel frightened or worried about something that is happening or might happen.	Jealous Proud Sad	Remind myself that it is never okay
Loss	Losing something or someone.	Shy Worried	to hurt others.  Take time to calm down.
Bereavement	The response to a loss, particularly to someone or something important.	What I will learn by the end of this topic:	
Challenge	A difficult situation.	☐ How to recognise, name and describe a range of feelings	Previous Learning
Transition	A time of change from one experience to another.	☐ What helps me to feel good, or better if I'm not feeling good	I name some basic feelings such as sad, happy and excited.
Books about emotions and feelings		How different things /times/ experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group).	<ul> <li>I can sometimes say if an experience has made me unhappy.</li> <li>I can Identify an adult I can trust to talk to.</li> </ul>
The Colour moneter monter		☐ How feelings can affect people in their bodies and their behaviour.	
		☐ Ways to manage big feelings and the importance of sharing my feelings with someone I trust.	
		☐ How to recognise when I might need help with feelings and how to	

ask for help when I need it.