

The Character Curriculum

Flourishing for Life



<p>Y1: Feelings L3 - Uncomfortable feelings</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - To recognise uncomfortable or unpleasant feelings and name strategies for managing them. 	<p>Key vocabulary: Feelings, happy, sad, angry, embarrassed, confused, bored, calm, nervous, scared, jealous, lonely, proud, relaxed, surprised, worried (etc.)</p> <p>Key virtues: Respect, compassion, curiosity</p>
<p>Resources:</p> <p>Uncomfortable feelings scenarios (resource 2)</p> <p>A storybook such as <i>The Owl who was Afraid of the Dark</i> (Jill Tomlinson), <i>My Monster and Me</i> (Nadiya Hussain and Ella Bailey), <i>Ruby's Worry</i> (Tom Percival) or <i>The Truth Pixie</i> (Matt Haig).</p>	<p>Statutory links: Relationships Education (2020)</p> <p>Pupils should know:</p> <ul style="list-style-type: none"> - That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. - How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. 	

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<p>Key questions:</p> <p>What feelings make us feel good?</p> <p>What feelings might make us feel bad or uncomfortable?</p> <p>How do we know when someone is feeling: sad, worried or angry?</p> <p>Why is empathy important?</p>	<p>Learning activities:</p> <p>Starter: Positive/negative feelings</p> <p>Recap the learning from the last lesson about naming different feelings. You may want to refer to the flipchart or brainstorm that you created of feelings words.</p> <p>Explain that some feelings are positive and make us feel good (for example, feeling happy, excited, proud), some feelings are neither positive nor negative (e.g. surprised, calm) but some feelings are negative and don't make us feel good (sad, worried, scared).</p> <p>It is normal that everyone will feel these negative feelings sometimes.</p> <p>How would you know if someone in the class was feeling:</p> <ul style="list-style-type: none">- Sad?- Worried?- Angry? <p>Which virtue helps us to know how people are feeling? (Empathy)</p> <p>Activity 1: Practising empathy</p> <p>In groups, give children scenarios which may cause someone to feel sad, worried, angry (or another negative feeling) to act out. Prompt children to use the virtue of empathy to think about how the person might be feeling and why. Encourage them to suggest what could happen next. Reinforce that it is ok to feel angry/sad/worried but there are strategies that we can use to help.</p> <p>Activity 2: Helping hand</p> <p>Ask children to draw around their hand and, on the hand, write or draw something to represent something they can do to help themselves when they are experiencing difficult or negative emotions.</p>
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Plenary: Storybook

You may want to share a story, showing that feeling these uncomfortable or negative emotions is normal and, with help, they will normally pass. For example: *The Owl who was Afraid of the Dark* (Jill Tomlinson), *My Monster and Me* (Nadiya Hussain and Ella Bailey), *Ruby's Worry* (Tom Percival) or *The Truth Pixie* (Matt Haig). Alternatively, *How Are you Feeling Today* (Molly Potter) looks at a range of feelings and child-friendly strategies for dealing with them.

