

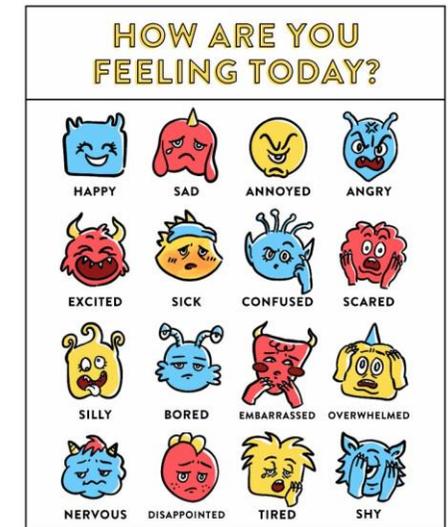
PSHE Knowledge Organiser

Year 4 - How can we manage our feelings?

Key Vocabulary	Definition
Mental Health	Everybody has mental health, and it can be better, worse or fluctuate depending on the individual.
Well-being	Mental wellbeing is an individual's level of psychological wellbeing which can affect a person's mood and their thoughts and can sometimes dictate their behaviour.
Feelings/emotions	Feelings can change overtime and become more or less powerful.
Express	To share something

Prior Knowledge
Year 2 - How do we recognise our feelings?

Possible experiences
Mental Health Week
Mental health Workshop



All emotions are okay!
Remember our emotions change all of the time and all emotions are okay. If our emotions feel too big for us to handle it can be useful to talk to an adult we trust, use our class worry box or if we would rather not speak to an adult we know we can talk to Childline: 0800 1111.

In this unit we will learn...

- that everyday things can affect feelings
- how feelings change over time and can be experienced at different levels of intensity
- the importance of expressing feelings and how they can be expressed in different ways
- ways of managing feelings at times of loss, grief and change
- how to access advice and support to help manage your own or others' feelings.

Class Zone's of Regulation:

<p>Blue Zone Tools: Rest/Stop</p> <ul style="list-style-type: none"> • Take a break. • Think happy thoughts. • Talk about your feelings. • Ask for a hug. • Draw a picture. 	<p>Green Zone Tools: Go Time</p> <ul style="list-style-type: none"> • Complete your work. • Listen to the teacher. • Remember your daily goal. • Think happy thoughts. • Help others.
<p>Yellow Zone Tools: Slow Down</p> <ul style="list-style-type: none"> • Take a break. • Talk to the teacher. • Squeeze my stress ball. • Go for a walk. • Take three deep breaths. 	<p>Red Zone Tools: Stop</p> <ul style="list-style-type: none"> • Take a break. • Squeeze my stress ball. • Take three deep breaths. • Count to ten. • Talk about my problem.