

Year groups: KS1 & KS2	
Curriculum area: PSHE	Focus of lesson: Emotional regulation
National Curriculum Reference: Pupils should know: H11. about different feelings that humans can experience H12. how to recognise and name different feelings H13. how feelings can affect people’s bodies and how they behave H14. how to recognise what others might be feeling H15. that not everyone feels the same at the same time, or feels the same about the same things H16. about ways of sharing feelings H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools	
Learning Objective(s): - To recognise and label emotions - To be able to identify key adults and activities that support us when we are feeling dysregulated	Assessment Strategies: - Group discussion - Poster
Resources: Sticky notes, Paper, colouring pens, pencils	

Time	Teaching and Learning Activities Key Questions and Vocabulary	Support and Challenge
10 mins	Watch emotional regulation video on Breathe website: Emotional Regulation – Breathe Education (breathe-edu.co.uk) Write emotions on post-it notes and stick on the whiteboard.	Here are some resources to look at to aid understanding: Books for KS1: ‘I am stronger than anger’ – Elizabeth Cole
15 mins	Watch Zones of regulation video: Zones of Regulation video for children. Learn about feelings and emotions. - YouTube Pause and discuss the parts of the body that are affected when you experience each emotion.	‘Stressed ninja’ – Mary Nhin ‘My way to keep anger away’ – Elizabeth Cole
25 mins	Activity – Use ‘Signs of anger’ worksheet Signs-of-anger-activity-1.pdf (breathe-edu.co.uk)	‘Positive Ninja’ – Mary Nhin

10 mins	<p>Choose different colours to represent emotions and create a key e.g. yellow=joy, blue=upset, red=anger etc. Use body template to colour in various parts of the body that are affected by different emotions e.g. red head and hands, yellow heart. Around the body list activities that you can do when you are feeling those emotions e.g. playing a game with friends when happy, having a cuddle when upset etc.</p> <p>Plenary – Share some of the images</p>	<p>Books for KS2:</p> <p>‘Guts’ - Raina Telgemeier, ‘Outsmarting worry’ - Dawn Huebner</p> <p>‘Duke’s journey of courage’ – Tanya Lindsquist</p> <p>Breathing techniques: Bring It Down - Flow GoNoodle - YouTube</p> <p>Rainbow Breath - Flow GoNoodle - YouTube</p> <p>Melting - Flow GoNoodle - YouTube</p>
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