

Year groups: KS1 & KS2	
Curriculum area: PSHE	Focus of lesson: Emotional intelligence
<b>National Curriculum Reference:</b>  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	
<b>Learning Objective(s):</b>  - To be able to define and list different emotions - To be able to name key adults who can provide support	<b>Assessment Strategies:</b>  - Group discussion - Ideas on sticky notes
<b>Resources:</b>  Sticky notes, Paper, colouring pens, pencils	

Time	Teaching and Learning Activities  Key Questions and Vocabulary	Support and Challenge
10 mins	On your sticky notes, list as many emotions as you can in 2 minutes! (set timer on the board). Invite chn to stick their post it notes on the whiteboard at the front. Watch clip from 'Inside Out' <a href="#">Inside Out Movie Clip – Get To Know Your Emotions (Pixar Animation Studio)</a> – <a href="#">Breathe Education (breathe-edu.co.uk)</a> Explain that all emotions are okay and that we need them all to help us to function. Some emotions tell us that we are in danger and that we should be aware of our surroundings, other emotions help us to enjoy what we are doing.	<b>Books for KS1:</b>  When jelly had a wobble' – Michelle Robinson  'The nervous knight' – Anthony Lloyd Jones
10 mins	Activity – Emotion bingo <a href="#">Emotions-Bingo.pdf (breathe-edu.co.uk)</a>	'Worrysaurus'- Rachel Bright
5 mins	Watch video about empathy - <a href="#">All About Empathy (for kids!) - YouTube</a>	'Wilma Jean the worry machine' – Julia Cook

10 mins	Discussion – Think about common struggles of the chn in your class (e.g. falling out at playtime, finding friends to play with, turn taking etc.) What things can we do when we find ourselves in these situations?	<b>Books for KS2:</b> 'Guts' - Raina Telgemeier, 'Outsmarting worry' - Dawn Huebner  'A Smart Girl's Guide: Worry: How to Feel Less Stressed and Have More Fun' – Judy Woodburn  Breathing techniques: <a href="#">Bring It Down - Flow   GoNoodle - YouTube</a>  <a href="#">Rainbow Breath - Flow   GoNoodle - YouTube</a>  <a href="#">Melting - Flow   GoNoodle - YouTube</a>
20 mins	Activity – create an empathy poster. Ask chn how they think they can be a good friend to someone else and design a poster based on that. 'I can be a good friend by...'	
5 mins	Plenary – Share some of the posters	