

Learning Flow

Year 3 & 4 – PSHE – Term 3 – How can we manage our feelings?

Roots Lesson – What do we already know?

- Topic Toolkit – Prior knowledge, What is PSHE? Why it is important? What do we already know? What questions do we have?

Book – [The Colour Monster](#)

How do we show and talk about our feelings?

- Recognise feelings.
- Understand how feelings can be expressed in different ways.

Book – [The Rabbit Listened](#)

How do we manage feelings?

- What are my coping strategies?
- How do I cope with big feelings?

Book – [The Boy with Big Big Feelings](#).

KPI- Suggest ways to manage difficult situations.

Do I understand difficult emotions?

- How can I manage feelings during change, grief or loss?
- Change and loss can cause strong feelings.

• Book – [Dadaji's Paintbrush](#)

KPI- Suggest ways to manage difficult situations.

How can I seek support?

- Understand how seeking support can help myself and others manage their feelings.
- Who can help?
- It's okay to ask for help.

Book – [You, Me and Empathy](#)

KPI-Suggest ways to manage difficult situations.

What do we know now?

- Knowledge demonstration – Tool Kit.
- Quiz