

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 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 loos 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?
- Its 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