Coppice Primary School and Nursery

Year Three: Exploring Emotions

Subject Specific Vocabulary

Emotions	A strong feeling coming from someone's circumstances / situation.
Actions	Something that is done. An act.
Strategies	Planning actions to achieve an overall aim.
Dispute	A disagreement or argument.
Feelings	An emotional state or reaction.
Intensity	The measurable amount of force / strength.
Conflict	A serious disagreement or argument. When two or more ideas / opinions do not fit.

Curriculum overview:

This unit focuses on the core themes 'living in the wider world' and 'relationships'.

During this topic, the children will recognise a wide range of emotions in themselves and others. They will learn how to respond appropriately to a range of emotions in themselves and others. They will deepen their understanding of good and not so good feelings and extend their vocabulary to help explain the range and intensity of feelings. They will also learn to recognise conflicting emotions. In addition to this, they will learn that their action affects themselves and others and continue to develop strategies to resolve disputes.

Sticky Knowledge

- I can tell you how I feel.
- I can tell you the intensity of my feelings.
- I can name at least three strategies to deal with my emotions.
- I can tell you whether an emotion makes me feel good or not.
- I can suggest how others feel and say why I think that.
- I know how behaviour can affect others.

How you can support your child at home

Book: Ruby's Worry by Tom Percival
https://www.youtube.com/watch?v=NajPK4wgI8I
What should we do if we are worried? Who can help us with worries? Which strategies can we use to help us with worries?

Book: Ravi's Roar by Tom Percival
https://www.youtube.com/watch?v=4Gs9D4SMCds
How does Ravi feel? Why? Have you ever felt like this? Is it a comfortable or uncomfortable feeling? How could Ravi deal with this emotion?

Additional Books
Book: Silly Billy by Anthony Brown
https://www.youtube.com/watch?v=CDvh8fWhbPE
Book: The Red Tree by Shaun Tan
https://www.youtube.com/watch?v=PrmMFFpKxgw
Book: You've got Dragons by Kathryn Cave
https://www.youtube.com/watch?v=H_Pg3bM3sRs

Other activities to do at home:

- Make a list of emotions. How many can you think of? Can you draw illustrations for each? Can you order them? Have you ever felt like that? Can you choose a colour for each emotion? Can you choose a piece of music for each emotion?
- How can we make people happy? Draw a sunshine and on each ray write a way to brighten someone's day. What would you like someone to do for you?
- Play Simon Says or Charades using emotions. When you feel that emotion what might you be doing? What would your body look like?
- Show your child a picture of an iceberg. Explain that we can only see the top of the iceberg just like we can only see the outside of our bodies. Just because someone looks happy it does not mean they are happy on the inside. Under the iceberg may be different. Can you draw some icebergs for different scenarios and emotions?