

Knowledge Organiser

PSHRE Year 2 Autumn 1

How do we recognise our feelings?

Prior Learning:

What are feelings? (EYFS – Autumn 1)

Why are we all different? (EYFS – Summer 1)

What is the same and different about us? (Year 1 – Autumn 1)

How can we look after each other and the world? How people need to be looked after and cared for, how behaviours can affect others and how to manage change (Year 1 – Summer 2)

Key Vocabulary	Objectives	Key Knowledge
<p>feelings affect behaviour manage feel good loss bereavement change</p>	<p>Children will learn:</p> <ul style="list-style-type: none"> • about different feelings that humans can experience • how to recognise and name different feelings • how feelings can affect people’s bodies and how they behave • how to recognise what others might be feeling • to recognise that not everyone feels the same at the same time, or feels the same about the same things • about ways of sharing feelings; a range of words to describe feelings • about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) • about different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don’t feel good 	<p>Be able to recognise feelings and name them.</p> <p>Know how feelings can affect people in their bodies and their behaviour.</p> <p>Know ways to manage big feelings and know who they can go to, to share their feelings with someone they trust.</p> <p>Understand what helps them to feel good, or better, if they are not feeling good.</p> <p>Know that different people react in different ways to a range of things.</p>

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| | <ul style="list-style-type: none">• to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it• about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better• how to manage when finding things difficult• about preparing to move to a new class/year group | |
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PoS refs: H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H24, H27