



Key Facts

- Families are important for children growing up because they can give love, security and stability
- There is a normal range of emotions (*e.g. happiness, sadness, anger, fear, surprise, nervousness*) and scale of emotions that all humans experience in relation to different experiences and situations
- It is important to judge whether what you are feeling and how you are behaving is appropriate and proportionate
- Mental wellbeing is a normal part of daily life, in the same way as physical health

I will learn the following new words/phrases:

Worry	<i>To feel anxious or troubled over actual or potential problems.</i>
Anxious	<i>Feeling worried, nervous, or afraid about something certain or uncertain.</i>
Troubled	<i>Having problems or difficulties. Feeling nervous or worried.</i>
Positive action	<i>Doing something that results in a good or beneficial outcome</i>
Prepare for change	<i>To make or get ready for something different.</i>
Mindfulness	<i>Slowing down to really notice what you're doing.</i>
Strategies	<i>A plan, method, or series of actions meant to perform a particular goal or effect.</i>
Managing emotions	<i>To look after and make decisions about your feelings.</i>

By the end of this topic, I should:

- recognise our thoughts, feelings, and emotions
- identify how we can reduce our feeling of worry
- explain how we can support others who feel worried
- recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people

Ask me a question!

- How can you manage feelings of worry?
- If someone you know is feeling worried, what could you do to help?
- Who could you talk to to help you manage a difficult emotion?

