

Statements to live by:

1) I know when to ask for help and who to ask for help from.	4) I understand what trust means.
2) I can recognise comfortable and uncomfortable feelings.	5) I try to forgive people when they hurt me.

3) I know how to help others when they are in trouble.
6) I try to accept forgiveness from others.



A Journey in LOVE

A developmental programme for children in the primary years



PSHE

Feelings and Emotions

Jealousy - Under-stand how we can support others who feel lonely, jealous, or upset. Learn and use a range of strategies for managing un-pleasant emotions caused by feelings of jealousy.

End of KS2 expectation:	Safeguarding
Mental Wellbeing (H) That 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	Health (including mental health) and First Aid. Keeping safe at home, at school

RSE

Intellectual

Can I identify and name my feelings? Do I know and understand what these feelings are? How do I deal with what I feel, and can I analyse

COMMANDO JOES:

- Empathy
- Communication

