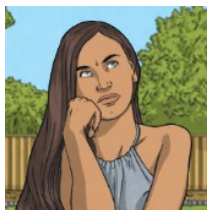




LKS2 Spring 1: We are Proud

We are learning....

- That we have all got something about ourselves we can proud of—whether that's our strengths or our achievements. By reflecting on what we do well we can apply that to other aspects of our life.
- That we should be proud of our friends achievements as well as our own and can tell the difference between being proud and boasting.
- That we all have different emotions, how we can recognise them and how to describe them. We will look at how our facial expressions can show others how we're feeling and why it is important when reading how others are feeling.



- How some of our feelings might be uncomfortable or unpleasant and we will learn how to deal with these feelings. We will look at strategies and techniques to help us calm down and regulate our feelings.

- How to be assertive without being rude or bossy. This is an important skill to ensure we are heard without up-setting other people. We will look at how to share our opinions whilst hearing those around us.



Key Vocabulary

proud:	A feeling of being worthwhile because of the person you are or something you have done.
achievements:	Something we have done well or a challenge we have accomplished.
actions:	Something we do.
strengths:	Something we are good at.
facial expressions:	When a person uses their face to express how they are feeling or what they want.
body language:	Gestures, movements or mannerisms used by a person or animal to show how they are feeling.
feelings:	Emotions we experience about things that are happening.
emotions:	The way we feel about things that are happening.
uncomfortable:	Something we feel isn't OK or that makes us feel unsettled.
strategies:	Ways we can work through or manage something.
assertive:	Expressing our views confidently and respectfully.



Quiz questions:

- How does practice help us to achieve our goals?
- Why is it important that we show pride in ourselves?
- What is the difference between being proud and showing off?
- How many emotions might we feel throughout the day? How can we recognise each one?
- Why are facial expressions important?
- Why is it important to tell others how you feel?
- What is the difference between being assertive and pushy?



Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.