

How can I be a better friend? How can I cope with changes and explain how I feel about things?

Emotional literacy and reading peoples bodies and face to understand them

Knowledge

When people are experiencing emotions, their face and body gives clues as to how they are feeling. Teach children emotional vocabulary and what these expressions may look like.

Changes and loss can cause all kinds of emotions in you. This is absolutely normal. Sharing these feelings is the best thing to do

Awareness

What makes a good friend? How can I make new friendships? What can I do if I fall out with a friend? How can I repair a friendship?

We will use stories, puppets and social stories to think about this.



Moving to Year 1

We will find out our new classes, teachers and TA's by July 1st and will be moving into those classrooms for 4 days.

This may make you feel a bit unsure or excited or have worries. Talking about this with the people in your safety circle is the best idea.

Personal Responsibility

- We are all responsible for the decisions we make. On occasion, these choices may upset people around us and could challenge relationships.
- Thinking before you act, taking a moment, breathing, counting or finding some space can all help you regulate your emotions.

Vocabulary Tier 1

Friend, teacher, change, happy, sad, cross.



Vocabulary Tier 2

Emotional vocabulary;
 disappointed, angry, excited, frightened, anxious, nervous, exhausted, surprised, confused, disgusted etc.
 Loss, change, disagreement

Vocabulary Tier 3

Grieving, transition, conflict, trauma.