

Lesson number and title	Strand	Objectives	Overview
1. Feelings	Health Education	To know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	Pupils identify a range of emotions and show how these can be expressed by our bodies and faces. The lesson encourages pupils to use a range of feelings vocabulary.
2. Emotions and behaviour	Health Education	To know 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 situations. To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	This lesson allows pupils to explore emotions and the way in which they can change people's behaviour. They explore emotions through a range of scenarios using acting and freeze frames to identify key moments in characters' behaviour.
3. I am special	Relationships Education	To understand the importance of self-respect and how this links to their own happiness.	This lesson encourages pupils to identify all the things that make them special. They create an 'I am special' booklet.
4. Special people	Relationships Education	To know how important friendships are in making us feel happy and secure. To know that families are important for children growing up because they can give love, security and stability. To learn about the different groups they belong to.	Pupils identify special people in their lives, taking into account that these people might not always be family members. They will create thank you cards for a special person, explaining why that person is special and how they make them feel.