



Emotions

Facial expressions

Feelings

Equal

Fair

Mental health

Strengths

Unfair

By the end of this unit you will be able to understand the different types of feelings you may experience and the effects of these. You will learn how to keep yourself safe both in person and online.

Important information



We will build upon your existing knowledge of feelings – happy, sad, angry, excited, scared etc.

You may know that your facial expressions can explain how you feel e.g. happy.



Did you know?

- As humans we all feel a range of emotions at some stage in our lives e.g. happy, sad, excited, scared, etc.
- When you are kind/ caring to another person it will make them feel happy.
- When you are unkind to another person it will make them feel sad.
- Some feelings are very difficult to control e.g. anger.
- Anger can make you very aggressive.
- Treating everybody equally is being fair.
- Treating people differently and not as equals is unfair.

RSE – Emotional Health and Well Being
Year Two

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	Lesson Question	What you will learn	Learning Review
1	Which different feelings have you experienced and when?	You will learn about keeping yourself safe, trust and trusted grown-ups. You will learn about different types of feelings and the effects of these feelings.	
2	Who is a trusted adult to you?	You will explore strategies to deal with bullying and help minimise the long-term damage. We will talk about how best to identify trusted grown-ups.	
3	How can you stay safe online?	You will learn about keeping safe when using technology and the internet. You will talk about anti-virus/firewall software, keeping safe when watching TV and keeping safe when playing computer games and watching DVDs.	
4	How can you keep yourself safe?	You will learn about the KidSafe rules for keeping our private places safe and learn about good secrets and yukky secrets.	
5	What could you do when your parents argue?	You will learn about what to do when parents/carers argue and/or split up. You will identify trusted grown-ups other than mums/dads/carers.	