MEDIUM TERM PLANNING FOR: – PSHE

CLASS: Key Stage 1 - Year 1/2 **TERM:**

Autumn 2

	LEARNING OBJECTIVES	SUGGESTED ACTIVITIES	Differentiation (Level Expectations) & Resources and Tasks	Plenary/ Assessment
Week 2	I can name some emotions. I know I can feel many emotions in one day. I know some emotions appear and disappear quickly. I know some emotions stay with us for a while. I know I can talk to someone I trust about my emotions.	Watch Lucy's Blue Day. Discuss the significance of the colours of Lucy's hair. https://www.youtube.com/watch?v=UmrUV8v-KQg Red: anger (seeing red means feeling angry) Green: jealousy (green –eyed monster) Purple: excitement Blue: sadness Yellow: Happiness Discuss times the children have felt those emotions. How did they show how they were feeling? (laugh, cry, sulk, lash out, hide away, shout, giggle, run around, turn red faced)	Make a list of things you could do to cheer yourself up if you are having a blue day. Challenge: Research how sleep, diet, and exercise can affect your mood.	Who could you talk to if you felt blue?