Self-regulation: My Feelings

Topic vocabulary

angry
body
calm
calm corner
excited
eyebrows
feelings
happy
head
heart
mouth
sad
tummy
worried











Lessons in this unit:

Lesson 1: To name different feelings.

Lesson 2: To talk about how I feel.

Lesson 3: To talk about what I can do when I have big feelings.

Lesson 4: To talk about different feelings in my body.

Lesson 5: To use faces to help me understand how people feel.

Lesson 6: To find ways to help me feel calm.

Links to Development Matters:

Development matters
Personal, Social and Emotional Development
3-4 years
Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.
Reception
Express their feelings and consider the feelings of others.
Identify and moderate their own feelings socially and emotionally.
ELG: Self-regulation
Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.