

Year 5 PSHE Lent 2 Knowledge Organiser Golden Thread: Sustainability and Stewardship



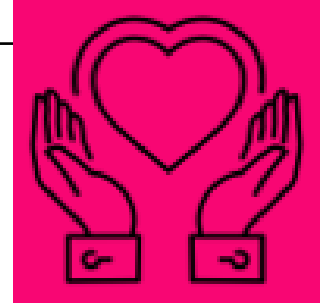
Objectives and Sticky Knowledge

Previous Knowledge Recap:

- 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
- Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- Mental wellbeing is a normal part of daily life, in the same way as physical health

Land Objectives/ Sticky Knowledge

I can demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions such as anger.



I know anger is a strong feeling of annoyance, displeasure or hostility.

I know that strong emotions can cause me to make poor choices.

I know the difference between healthy and unhealthy anger.

I can recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant.

I explain how feelings can be communicated with or without words.

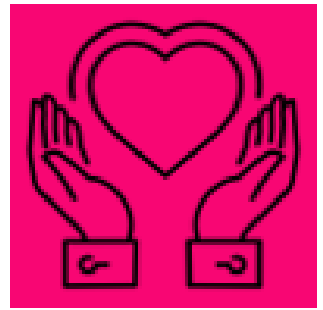
I recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people.

Sea:

Links with Golden Thread:

Links with CST and CKA Values Crown:

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Key Vocabulary

Displeasure	<i>Feeling annoyed, dissatisfied, or disappointed.</i>
Annoyance	<i>Something that annoys or irritates someone.</i>
Hostility	<i>The state of being unfriendly or full of hate.</i>

Key Facts

- It is important to recognise and talk about your emotions
- 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
- It is important to judge whether what you are feeling and how you are behaving is appropriate and proportionate

Sky objectives:

1. Children are able to identify the zone they are in and to use the tools independently to return to the green zone.
2. Children respect and understand personal boundaries in different relationships.
3. Children know how to set an example of appropriate behaviour and to stand up to those who behave irresponsible.

Ask me a question!

- Can you describe the feeling of anger?
- How can we manage the feeling of anger in a positive, healthy way?