



What I should already know

- Ways to calm themselves, through being calmed and comforted by their key person.
- Establish their sense of self.
- To talk about and manage my emotions.
- How to express a range of emotions.
- How to talk about my feelings "I'm sad because..." or "I love it when ...".
- Notice and ask questions about differences, such as skin colour, types of hair, gender, special needs and disabilities, and so on..

Circles

What makes us happy?

How can we make others feel happy?

Talk about acts of kindness.

What I will know

- How to show concern for others
- We are all unique
- How to express different feelings and emotions
- Explain why we feel happy, sad etc
- How to show kindness to others through words
- How to show kindness to others through actions.

Vocabulary

Unique

Special

Different

Sad

Grumpy

Excited

Scared

Loved

Feelings

Emotions

Love