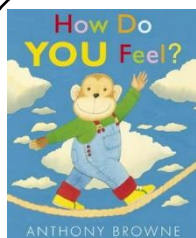
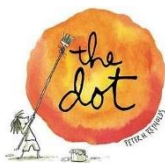
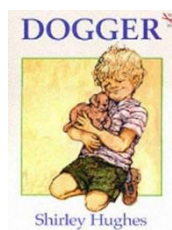
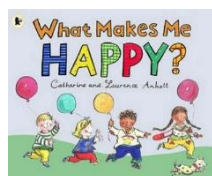


What should I already know?

- I can feel different things.
- I like different things to other people.
- Some people and places make me feel good.



Books to support the topic



Key Vocabulary and definitions

Emotions	A strong feeling caused by what is happening around you.
Feelings	An emotional state or reaction.
Guilty	Feeling bad for doing something.
Shy	Nervous around other people.
Confident	Feeling happy with yourself and what you can do.
Happy	Feeling pleasure.
Lost	Not knowing where you or something else is.
Lose	Not being able to find something.
Friend	Someone you like who is not family.
New	Something you are doing for the first time.
Feel better	To start to experience a different and nicer emotion.
Perseverance	Continuing to do something even if it is difficult.
Resilience	Not giving up and bouncing back when things are tricky.

Key Knowledge

To name some different emotions and when they might be experienced.	To know that people might show their emotions in their faces and bodies.
To know some examples of changes and losses.	To know how to ask for help when experiencing uncomfortable emotions.