

# PSHE – Module 1: Unit 3 – Emotional wellbeing Year 4

**Prior learning:** That their feelings will differ to other peoples and how they can manage their feelings. Children will learn about the consequences of their actions.

At the end of this topic, pupils will know: the difference between feelings and actions  
How to stay 'emotionally healthy'.  
How to identify unacceptable behaviour and build up resilience by practising thankfulness.

Lesson

Learning objectives

Lesson 1: What am I feeling?

- That emotions change as they grow up (including hormonal effects – Version 2 only)
- About the range and intensity of their feelings and that 'feelings' are not good guides for action
- That feelings are neither good or bad, but information about what we are experiencing that help us consider how to act
- What 'emotional well-being' means and that positive actions and talking to trusted people enhance emotional well-being

Lesson 2: What am I looking at?

- To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.
- That God made us and loves us as we are.

Lesson 3: I am thankful

- Some behaviour is wrong, unacceptable, unhealthy and/or risky.
- Thankfulness builds resilience against feelings of envy, inadequacy, and insecurity, and against pressure from peers and the media

## Key Vocabulary

Word	Definition
media	The main means of mass communication
advertising	Producing advertisements for commercial products or services
influence	The capacity to have an effect on the character, development, or behaviour of someone or something
Social media	Websites and applications that enable users to create and share content or to participate in social networking
stereotypes	A widely held image or idea of a particular type of person or thing
resilience	To recover quickly from difficulties
Self confidence	A feeling of trust in your own qualities and abilities
masking	Hiding your emotions or feelings
Emotional wellbeing	A person's capacity to understand, manage, and express their emotions
hormones	Chemical messengers in your body, telling different parts what to do
puberty	Significant emotional and physical changes from being a child to a young adult

