

Feelings and Emotions Progression Grid - Whole School

Link to Zones of Regulation and online safety

Nursery	Reception	Year 1	Year 2	Year 3/4	Year 4/5	Year 5/6
Minimum learning is highlighted			Minimum vocabulary is in bold			
Feelings and Emotions						
<p>To understand basic feeling linked to Zones of Regulation</p> <p>Happy Sad Angry</p>	<p>To know when someone is upset and to ask for help for them</p> <p>To be able to say how we feel – ref to Zones</p> <p>To be able to tell how someone else may feel from how they look or behave</p>	<p>For pupils to communicate their feelings to others, to recognise how others show feelings and how to respond</p> <p>To learn that people’s bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)</p>	<p>For pupils to recognise that their behaviour can affect other people. For pupils to recognise what is fair and unfair, kind and unkind, what is right and wrong.</p> <p>To be able to identify what makes us feel certain emotions.</p> <p>To consider what we can do to get help with our emotions. (pol-ed ‘How can I speak up?’)</p>	<p>To be able to recognise and respond appropriately to a wider range of feelings in others in an appropriate way</p>	<p>To understand the concept of ‘keeping something confidential or secret’, when we should or should not agree to this and when it is right to ‘break a confidence’ or ‘share a secret’</p>	<p>To learn to recognise and manage ‘dares’ in the context of growing up and moving to high school eg pressure to join in and be part of a group – peer pressure and how this may make us feel – anxious, excluded</p> <p>Explore what might or might not be discrimination. Understand that discrimination is wrong.</p> <p>(pol-ed ‘What is peer pressure?’)</p>

Planning taken from School B example

Week numbers may change depending upon number of weeks in a term