

An overview of PSHE in Year 2 – Autumn Term 1

Our learning this term in PSHE will be about thinking positively. We will learn about helpful And unhelpful thoughts and how to set ourselves aspirations and challenges. We will find out more about our emotions and will begin to identify how our bodies feel when we experience these emotions. Below you can read the overview of learning objectives for this PSHE topic.



- **Think happy, feel happy.**

Children will learn more about the range of emotions we feel and how these make our bodies feel. We will focus on happy thoughts and learn that thinking positively can help us to feel better.

- **It's Your Choice.**

Children will learn that all of our choices have consequences. We will discuss as a class how certain choices may affect others and children will reflect on their responsibility to make the right choices.

- **Go-getters!**

We will reflect on emerald power and persevering with challenges. Children will test out their resilience with some fun challenges in class before reflecting on aspirations and challenges they could set themselves both in and out of school.

- **Let it out.**

Children will reflect on their understanding of different emotions and the best methods to cope with these big feelings. They will be encouraged to share their ideas and will begin to explain how we can react when we feel uncomfortable or unhappy.

- **Be Thankful!**

We will discuss the meaning of thankful; what does it mean to be thankful or grateful? Children will be encouraged to link this word to their own experiences and reflect on what they are grateful for in their own lives.

- **Be Present!**

Children will learn further strategies to help them calm down and regulate their emotions. They will focus on activities which help them to be present and in the moment. They will be encouraged to share cool down strategies with each other and explain what they like to do to calm themselves.