

**Knowledge - what I already know**

I know that there are some things different and the same between all of us.  
I recognise some different feelings and emotions in other people.

**Knowledge - what I will know by the end of this**

**unit**

To recognise similarities and differences  
To know how to feel good about yourself in difficult situations  
To know what a surprised feeling looks like and feels like.  
To be able to recognise hopeful and disappointed feelings  
To be able to hide or show my feelings  
To be able to stand up for myself

**Useful vocabulary**

**Individuality** - a quality or feature that makes you stand out  
**Identity** - the characteristics that determine who you are  
**Difficulties** - Something that is challenging  
**Surprised** - an unexpected event or fact  
**Anxious** - Feeling very worried  
**Routine** - something that we're used to  
**Disappointed** - sad or displeased about someone or something  
**Hopeless** - feeling or causing despair  
**Hiding** - action of concealing something or someone  
**Protection** - to keep safe  
**Hurt** - to feel pain or distress  
**Assertive** - having or showing a confident or forceful personality  
**Passive** - accepting or allowing what happens or what others do  
**Aggressive** - likely to attack or confront

**Activities**

- Circle time - I'm an individual because... Create a coat of arms/ badge to show your identity.
- Role play interviews about why it's good to be me. What things have you done that have made you proud? Tell me about a time when you found something difficult, what did you do?
- Pass a present to random children, how does it make you feel? Do we all like feeling surprised? Are there different kinds of surprises?
- Show a pictures of different characters (hopeful and disappointed) How do you think they are feeling? Why do you think they might be feeling like this?
- Discuss times when we want to hide emotions, why do we do this? Is it good to hide your emotions?
- Introduce different occasions when we want to stand up for ourselves. How should you handle the situation? Introduce words assertive, aggressive & passive.

**Skills**

- Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues
- Express some of their positive qualities and identify, name and demonstrate that they can manage some feelings
- Identify and respect differences and similarities between people
- Recognise choices they can make and recognise the difference between right and wrong.
- Recognise the effect of their behaviour on other people, and cooperate with others
- Identify and respect the differences and similarities between people and explain different ways that family and friends should care for one another
- To understand that people experience feelings differently
- To understand that it's ok to be different
- To know respectful ways about how to stand up for yourself