

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

Planning taken from School B example