

KS1/KS2 Progression Tables

Exploring Emotions Progression Table – Through the module **Exploring Emotions** pupils will be able to ...

KS1	LKS2	UKS2
Exploring Emotions	Exploring Emotions	Exploring Emotions
<ul style="list-style-type: none"> Name a range of words to describe feelings. 	<ul style="list-style-type: none"> Use a wider vocabulary to describe how they feel. 	<ul style="list-style-type: none"> Use a varied vocabulary when talking about feelings.
<ul style="list-style-type: none"> Understand that all feelings are ok. 	<ul style="list-style-type: none"> Describe feelings that can be comfortable/uncomfortable. 	<ul style="list-style-type: none"> Understand that sometimes we can have conflicting feelings.
<ul style="list-style-type: none"> Understand that feelings can affect how our bodies feel and behave. 	<ul style="list-style-type: none"> Recognise that feelings can differ in intensity. 	<ul style="list-style-type: none"> Explain that feelings can change over time and range in intensity.
Recognising Emotions	Recognising Emotions	Recognising Emotions
<ul style="list-style-type: none"> Explore how to recognise different feelings. 	<ul style="list-style-type: none"> Explore how everyday things can affect how we think, feel, and behave. 	<ul style="list-style-type: none"> Understand that feelings can impact our mental and physical health.
<ul style="list-style-type: none"> Talk about how we recognise what others might be feeling. 	<ul style="list-style-type: none"> Describe what supports good mental/physical health. 	<ul style="list-style-type: none"> Recognise the importance of taking care of mental health and wellbeing.
<ul style="list-style-type: none"> Understand that not everyone feels the same about the same things. 	<ul style="list-style-type: none"> Identify that not everyone feels the same about the same things. 	<ul style="list-style-type: none"> Discuss the signs that someone may be struggling with their mental health.
Managing Emotions	Managing Emotions	Managing Emotions
<ul style="list-style-type: none"> Talk about ways to manage big and uncomfortable feelings 	<ul style="list-style-type: none"> Identify strategies that they could use to respond to feelings, including intense or uncomfortable feelings. 	<ul style="list-style-type: none"> Identify strategies that they could use to respond to feelings, including conflicting feelings.
<ul style="list-style-type: none"> Identify who they can ask for help and can demonstrate how to ask for help 	<ul style="list-style-type: none"> Understand the importance of not bottling up how you are feeling. Understand the importance of asking for help if feelings become too uncomfortable. Explain how they can access help. 	<ul style="list-style-type: none"> Record strategies and behaviours that support mental health and wellbeing. Explain how to seek support for themselves and others.

