**KS5 Cycle 2 PSHCE Autumn**

**Emotions and empathy**

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|  |  **Pathway 1** | **KS5** **PSHCE** **Cycle 2** | **Autumn** **Emotions and empathy** |
| **Learning Intention:** Pupils will work on developing awareness of others and their own emotions. Pupils will explore ways of managing a range of emotions and how to help themselves and understand others.  Pupils will develop an understanding of empathy as well as gaining in self-esteem and awareness of looking after themselves. |
| **Key knowledge that should be learned during this SoW**  | **All** | **Most** | **Some** |
| **Concept:**  | That emotions are experienced by all and the awareness of what they look like, what causes them and that we need strategies to manage our feelings and emotions.  | That people experience the same basic emotions and recognise these in others and self. To be able to use knowledge to reflect on situations | That everyone experiences a wide range of emotions and we learn how to manage them and when to ask for help.  |
| **Knowledge:**  | 4 emotions and what they can look like.  | 6 basic emotions and what they look like in others and self.  | More complex emotions. Understanding of empathy.  |
| **Key Skills:**  | Recognise some basic emotions in others  | Recognise own and others’ 6 basic emotions.Know strategies of how to deal with different emotions.  | Talk about own feelings and emotions. Apply different strategies to different situations.  |
| **Language and/or communication skills:**  | * Anger.
* Happiness.
* Sadness.
* Surprise
 | * Anger.
* Disgust.
* Fear.
* Happiness.
* Sadness.
* Surprise
 | Pleased Loved Ecstatic Glad Accepted Cheerful Miserable Upset Hurt Down Unhappy Invisible Anxious Scared Cautious Frightened Worried Uneasy Nervous |
| **Curricular Links** | Theme learning KS3/KS4. PSHCE KS5, Life Skills, OIC |