**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 | | |