

# Feelings and bodies

Year: Y1

## Subjects and Issues

◆ Emotional needs ◆ Feelings ◆ Support networks ◆ Relationships Education (formerly SRE or RSE)

## Introduction

Ask the children:

When was the last time you hurt yourself?

What happened?

How did you feel?

Is it just our bodies that get hurt? [feelings can be hurt]

Think of a time when your feelings were hurt. How did this make you feel?

State that if you cut yourself you can put a plaster on it and it heals.

Next, ask:

Can you put a plaster on a hurt feeling?

What can you do to heal that hurt feeling? [talk to someone neutral about it, talk to the person who hurt your feeling].

Ask

Who can you talk to if you hurt your body? [nearby adult, friend, parent/carer]

Who can you talk to if your feelings are hurt?

Emphasise that it is important to keep telling/ talking until someone takes notice and acts. Sometimes adults are very busy. Sometimes they don't hear and sometimes they don't seem to want to listen. If this happens, tell someone else.

## Activity

Take the pack of 12 cards with 12 different situations on them. Ask a child to take a card from the pack. Teacher or child reads it out loud and child tells the rest how they would deal with that situation/ who they would involve/ how they would begin to feel better about it. If the child isn't sure, they can ask for ideas from the other children.

Repeat with all the other cards, asking a different child to choose a card each time.

## Plenary

Teacher calls out "body" or "feelings" and children suggest ways in which to make themselves and others feel better or comfortable e.g. "body" – go to the First Aid spot in the playground. "feelings" – tell the person who called you a name how it made you feel.

Review the difference between the two different types of feelings. Make it clear that hurt feelings aren't always so easy to see, but that it's important we deal with them to make them better, just as we do with hurt bodies.

## Learning Outcomes

Children will be able to:

- Recognise that people's bodies and feelings can be hurt;
- Suggest ways of dealing with different kinds of hurt.