



RSHE - Y5



01.11.2021 - 17.12.2021

Unit title

Description of Unit

Key Vocabulary

Fr1) What makes a close friend?

Understand what it takes to be a good friend.
Empathise with people who are excluded.

Kindness
Friendship
Inclusion
Transition

M1) Does everybody have the same feelings?

Develop our ability to communicate our own feelings, listen to other people's feelings and respond appropriately. Identify positive and negative emotions and the impact these have on our mental wellbeing. Identify our own triggers for negative emotions. Understanding that some people find it hard to read and express emotions.

Angry
Anxious
Worried
Frustrated
Confused
Emotional reaction