

What I Have Learnt:



I can begin to talk about my emotions.

I can recognise some emotions in others.

I can share with others during play.

I can begin to solve problems.



Sentence Stems for Class Discussions:

- "I agree with _____ because..."
- "I disagree with _____ because..."

Ask Yourself:

What is the best emotion?



Key Knowledge:

CALMING STRATEGIES

<p>Breathe.</p>	<p>Ask for help.</p>	<p>Move.</p>
<p>Use your senses.</p>	<p>Connect.</p>	<p>Take a break.</p>

Vocabulary:

Emotions:

<p>Curious</p>	<p>Smart</p>	<p>Surprised</p>
<p>Calm</p>	<p>Happy</p>	<p>Mad</p>
<p>Sad</p>	<p>Scared</p>	<p>Disappointed</p>

The 7 Habits Tree

