
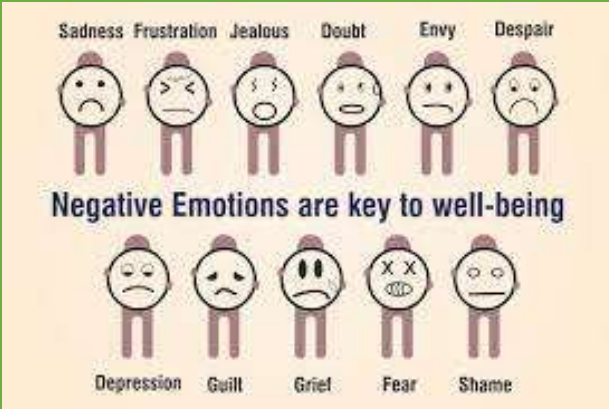


Mental Wellbeing M2	<p>Year: 4</p> <p>Dobcroft Values</p> <p>Together we are kind</p> <p>Together we are safe</p> <p>Together we embrace difference</p> <p>Together we are problem solvers</p> <p>British Values:</p> <p>Tolerance and Liberty</p> <p>Recommend Reading:</p> <p>Small Things Mel Tregonning</p> <p>All The Things That Could Go Wrong Stewart Foster</p>	<p>Key question: Are we happy all the time?</p> <p>Red Flag Moments (seek advice from a trusted adult):</p> <p>I or someone I know finds little joy in anything they do.</p> <p>I or someone I know feels negative emotions most of the time.</p>														
<p>Previous Learning</p> <p>Year: 3</p> <p>How do I manage my feelings?</p> <p>responsibility, anger, regret, stress, window of tolerance, surprise, grief, nervous, shame, apologise, ashamed, blame, fear</p>		<table><tr><td>Feelings</td><td>an emotional state</td></tr><tr><td>Emotions</td><td>a strong feeling of mood or relationships with others</td></tr><tr><td>depression</td><td>feelings of severe despondency and dejection</td></tr><tr><td>Anger</td><td>a strong feeling of annoyance, displeasure, or hostility.</td></tr><tr><td>love</td><td>an intense feeling of deep affection</td></tr><tr><td>Self-esteem</td><td>confidence in one's own worth or abilities; self-respect</td></tr><tr><td>Anger masking</td><td>Masking your feelings of sadness, hurt or grief with anger can be easier than experiencing the primary emotion</td></tr></table> 	Feelings	an emotional state	Emotions	a strong feeling of mood or relationships with others	depression	feelings of severe despondency and dejection	Anger	a strong feeling of annoyance, displeasure, or hostility.	love	an intense feeling of deep affection	Self-esteem	confidence in one's own worth or abilities; self-respect	Anger masking	Masking your feelings of sadness, hurt or grief with anger can be easier than experiencing the primary emotion
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