

**E4S KS2 Dealing with strong feelings Parent Input**

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| **Cornerstone** | RSE |
| **Concept** | Feelings and Attitudes |
| **Theme** | Changing feelings; Dealing with strong feelings |
| **Key Questions**  | Teachers have used the questions and statements from the E4S curriculum to plan lessons on feelings and attitudes which are delivered throughout the year according to the school’s scheme of work. This is what your child will be learning about in the upcoming scheme of work:* Why are my feelings changing as I get older?
* How do I feel about growing and changing?
* How can I cope with different feelings and mood swings?
* use a scale of intensity to help describe different feelings
* describe how different feelings are experienced in their bodies
* recognise that people can also have lots of different feelings all at once (such as at times of change)
* recognise the importance of sharing their feelings
* identify some positive ways of doing this
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| **Questions to consider with your child** | Can you think of some ways to cope with different feelings? How does your body feel when you are feeling this way?Do you have safe adults that you can talk to about your feelings?Can you think of an example of a time you have felt lots of different feelings all at once? Where can you get help to manage your feelings? |
| **Resources for parents** | Please find additional support and guidance below in relation to changing feelings and dealing with strong feelings. This theme also links to further learning on Emotional Health and Wellbeing. [Kids Helpline for parents: 'Helping Kids Identify Feelings'](https://kidshelpline.com.au/parents/issues/helping-kids-identify-and-express-feelings)[Young Minds: 'Divorce and Separation'](https://kidshelpline.com.au/parents/issues/helping-kids-identify-and-express-feelings)[Child Bereavement: 'Managing grief for children'](https://www.childbereavementuk.org/)[Thrive: 'Resources for parents of children up to age 11'](https://www.thriveapproach.com/resource-type/activities-for-children-up-to-11/)[NHS: 'Talking to children in Year 5 and Year 6 about puberty'](https://childrenshealthsurrey.nhs.uk/services/advice-talking-your-children-years-5-6-about-puberty)[Kids Helpline for parents: 'Managing Mood Swings and Puberty'](https://kidshelpline.com.au/parents/issues/mood-swings-and-puberty)<https://www.amazon.co.uk/Me-Feelings-Understanding-Expressing-Themselves/dp/1641524960>  |