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| **LI: To understand individual liberty.**  |
|  | Me |  |  |
| I understand my own feelings. |  |  |  |
| I can begin to understand other people’s feelings.  |  |  |  |
| I understand that my feelings can change.  |  |  |  |
| I can understand that other people’s feelings can change.  |  |  |  |

 My Good day My Bad day

PSHE

Play the following link to the book by Dr Zeus ‘My Many Coloured Days’…

Link to video: <https://www.youtube.com/watch?v=Lum83DLPXIw> (mute sound and read yourself).

Discuss with the children about how we all have good days and not so good days and how we feel on each of those days. Guide children around the above activity where they draw one of their good days and one of their bad days.

Ask them to write about their good day, explaining why it is a good day and how it makes a difference to the type of day they have. Then ask them to do the same about their bad day, try to get them to describe their emotions and to understand that it is ok to feel this way. What things can they/do they do when they are having a bad day to try to help them feel better? Who do they turn to?