

Emotions
Rationale
<p>In recent years there have been substantial advances in the science of well-being with a vast array of new evidence as to the factors that affect happiness and ways in which we can measure happiness more accurately. We now have an opportunity to use this evidence to make better choices and to increase well-being in our personal lives, homes, schools, workplaces and communities.</p> <p>The research shows that we need a change of priorities, both at the societal level and as individuals. Happiness and fulfilment come less from material wealth and more from relationships; less from focussing on ourselves and more from helping others; less from external factors outside our control and more from the way in which we choose to react to what happens to us.</p> <p>Everyone's path to happiness is different. Based on the latest research, we have identified 10 Keys to Happier Living that consistently tend to make life happier and more fulfilling. Together they spell "GREAT DREAM".</p>
Learning
<p><u>Year 1</u> Recognise basic emotions in themselves and why these may happen.</p>
<p><u>Year 2</u> Begin to recognise emotions in others. Offer suggestions as to how to alter a negative emotion.</p>
<p><u>Year 3</u> Begin to compare emotional feelings with physical feelings.</p>
<p><u>Year 4</u> Identify stress and stressful situations.</p>
<p><u>Year 5</u> Identify stress and stressful situations and think of ways of dealing with them. Make links between a balanced lifestyle and being happy.</p>
<p><u>Year 6</u> Understand emotional intelligence.</p>
Key Vocabulary
Emotions, positive emotions, negative emotions, strong and weak feelings, stress, situation, strategy, emotional intelligence.

