

Our behaviours, thoughts and feelings

RSHE (PSHE) - Mental Wellbeing: Talking about emotions

This lesson covers managing our emotions. If this is a sensitive topic to you, we recommend checking with a trusted adult before starting or doing the lesson with a trusted adult nearby.

Mrs Smith



Task: Watch and respond

What is our brain wired to look for?

What stress hormones are released when our brain detects a threat?

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What do dopamine or oxytocin do?

What is conscious thinking?



<https://www.youtube.com/watch?v=xNY0AAUtH3g> Sentis

2 Oak National Academy are not responsible for third party content. Video may be blocked on a school network

