



Outdoor Learning Knowledge Organiser		
Year group: 4	Topic: Social and Emotional Wellbeing	Decision making and Positive mental Health
Key Question: What do we need to think about before making a decision? What can I do to help myself when I have feel different emotions?		

Key Vocabulary:

Choices, decisions, consequences, alternative consequences, affect, emotions, feelings, communication, positivity, anger, anxiety, stress, fear, emotional well being

Links to National Curriculum – PDL

To deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others.

To recognise and respond appropriately to a wider range of feelings in others.

To listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and try to see, respect and if necessary constructively challenge others' points of view.



My outcome will be

To understand that decision making has potential consequences and to explore different emotions.

To explore the benefits of having a positive attitude.

What key knowledge will I have by the end of this journey?

To understand a variety of emotions and what can cause them.

To extend their vocabulary to describe their feelings to others.

To consider who could help when emotions become overwhelming

What key skills will I have by the end of this journey?

I can explore and discuss the different decisions made every day

I can recognise affects from decision making.

I can consider positive and negative consequences of my decision making.
I can communicate positivity.

Links to previous and future learning

In Year 3

To recognise what makes me unique.

To recognise my achievements and aspirations.

To acknowledge that it is normal to have worries

In year 4

In Year 5

To explain and understand the importance of teamwork and how to be an effective team member.

To develop problem-solving and decision-making skills

In year 6

To understand the benefits of living in a diverse community and respecting the differences in people.

To explore change and transition.