



How We Express Ourselves

Central Idea: Expressing feelings is important for self-understanding and connecting with others

Lines of Inquiry

- Identifying emotions and feelings
- Feelings vary from person to person
- Expressing our feelings through various ways

ATLs

- Social Skills
- Self-Management Skills

Specified Concepts

- Form
- Connection
- Perspective

Other Concepts

- Wellness
- Expression

Learner Profile

- Risk-Taker
- Inquirer
- Balanced

Transdisciplinary Learning

Language

- Respond to stories read aloud in oral, written or visual forms
- Make text-to-self connections
- Talk about own feelings in response to visual messages
- Use their own experience as a stimulus when drawing and “writing”

Maths

- Sort shapes by similarities and differences
- Demonstrate one-to-one correspondence with up to 10 items
- Organise objects by attributes
- Name the next part of a pattern

Art

- Respond to word, rhythm and/or music through movements
- Express feelings through body movements
- Imitate movement in response to music
- Sing individually and in unison
- Make personal connections to artworks
- Create artwork in response to a range of stimuli

PSPE

- Use movement to express feelings
- Show increasing independence in selecting and carrying out activities
- Demonstrate flexibility and adapt their behaviour to different events, social situations and changes in routine
- Show confidence in new situations

Science

- Observe and manipulate forces using magnets
- Control the direction in which objects move
- Engage in scientific experiments to explore changes of state
- Demonstrate awareness of time when discussing daily routines

Social Studies

- Name where they come from and their different features
- Asks questions about places and society
- Celebrate significant events in own life and cultures
- Name places where they belong

By the end of this unit:

Children will learn to self-regulate their emotions and feelings, gaining the ability to manage their responses thoughtfully. They will also develop an understanding of others' perspectives, fostering empathy and effective communication in their interactions. Through this process, they will build stronger relationships and navigate social situations with greater confidence.

How you can support your child at home:

- Engage in conversations where you name and discuss your child's emotions, helping them identify feelings and practise calming strategies, like deep breathing, during moments of frustration.
- Share stories, foods, or traditions from different cultures, discussing how people from varied backgrounds might experience and express emotions, to foster empathy and understanding of diverse perspectives.
- Arrange playdates or family activities where children can practise communication and cooperation, offering gentle guidance to resolve conflicts and reinforce positive social behaviours.

我們如何表達自己

中心思想: 表達感受對於自我理解和與他人連結的重要

探究線索

- 辨識情緒和感受
- 感受因人而異
- 透過各種方式表達我們的感受

學習方法

- 社交技能
- 自我管理技能

特定概念

- 形式
- 連繫
- 觀點

附加概念

- 健康
- 表達

學習者培養目標特質

- 勇於嘗試
- 積極探究
- 全面發展

超學科主題學習

語言

- 能唱出教過的兒歌及歌曲
- 理解並遵循指示
- 會選擇喜歡的書籍閱讀
- 能把所繪畫和紀錄的內容與別人分享溝通, 說給別人聽

數學

- 將形狀按異同來進行分類
- 按任何物件屬性進行分類
- 展示出數字1-10與物體數量之間「一一對應」的關係
- 說出下一部分的圖案

藝術

- 透過動作對文字、節奏和/或音樂做出回應
- 透過身體動作表達感受
- 根據各種刺激創作藝術品
- 模仿音樂律動
- 獨唱和合唱
- 把個人和藝術作品相互連接

體育、社交和個人教育

- 用動作來表達感情
- 在選擇和開展活動方面表現出越來越大的獨立性
- 根據不同的事件, 社交情況和日常變化調整自己的行為並表現出靈活性
- 在新情況下表現自信

科學

- 在討論日常活動時表現出對時間的意識
- 控制物體移動的方向
- 參與科學實驗以探索材料的變化
- 用磁鐵觀察和操控動力

社會學

- 說出他們來自哪個地方和不同特徵
- 說出他們所屬的地方
- 提出地方和社會的問題
- 慶祝自己生活和文化中重大的事件

單元完結後, 我們希望:

幼兒們將學會自我調節情緒與感受, 逐漸掌握有意識地管理自身反應的能力。同時, 他們將理解他人立場, 培養同理心並在互動中實現有效溝通。通過這一過程, 幼兒們能建立更穩固的人際關係, 並學會更加從容自信地應對社交情境。

在家中的活動建議:

- 參與對話, 幫助幼兒命名和討論他們的情緒, 協助他們識別感受並在情緒波動時練習平靜策略, 如深呼吸。
- 分享來自不同文化的故事、食物或傳統習俗, 討論來自不同背景的人們如何體驗和表達情緒, 以培養同理心和理解多元觀點。
- 安排遊戲活動或家庭活動, 讓幼兒們練習溝通和合作, 並提供適當的指導以解決衝突, 加強積極的社交行為。