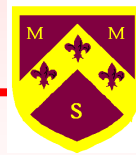




Knowledge Organiser PSHE

Key Stage 1

Feelings and Emotions



Key Vocabulary

Emotions, feelings,
excitement, happiness,
jealousy, worry, anger, grief,
manage your emotions, relaxation,
body language, strategies
pleasant, unpleasant



Key Questions

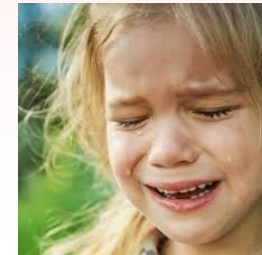
What are emotions and feelings?

Can you think of some pleasant and unpleasant emotions?

Can you recognise and name some of emotions you feel at different times?
[jealousy, worry, anger, grief, excitement, happiness]

What affect do different emotions have on your body?

How can you manage your emotions?



Key Content

Emotions can be **pleasant or unpleasant**. These include **happiness, excitement, anger, worry, jealousy, grief**.

Emotions can have a physical effect on our bodies.

It is important to communicate your feelings with words to help others understand how you feel.

Feelings can also be communicated without words through **body language**.

We can use a range of **strategies** for dealing with **unpleasant** emotions.

We can use **relaxation methods** to **manage** our feelings.