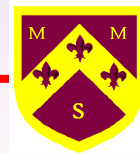




Knowledge Organiser PSHE

Lower Key Stage 2

Feelings and Emotions



Key Vocabulary

Emotions, jealousy, anger, worry, anxiety, unpleasant and pleasant feelings, strategies

Key Questions

What *pleasant and unpleasant emotions* do you experience?

What is *jealousy*? What is *anger*? What is *worry or anxiety*?

What *effects* can emotions have on your body?
How do unpleasant emotions affect yourself and others around you?

What *strategies* can you use to help *control* unpleasant emotions?



Key Content

It is normal for everyone to experience a range of *emotions*. Some emotions are *pleasant* and some are *unpleasant*. Emotions can have a physical effect on your body. Feelings can be communicated without words. We can choose how we act on our emotions. Our choices and actions can affect ourselves and others. We can use a range of *strategies* to help control unpleasant emotions such as *worry, anger or jealousy*.