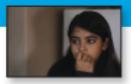
1decision PSHE Knowledge Organiser

Module: Feelings and Emotions

Topic: Worry and Anger







Years 1-3

Key Facts

- There are a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- You can seek support in many ways, from a variety of different sources and it is important to recognise the triggers for seeking support

Ask me a question!

- If you feel worried, what actions could help you to feel better?
- Why is it important to talk and share your worries with someone?
- Who could you talk to about your feelings?
- How can we control the feeling of anger?

I will learn the following new words/phrases:

Fidgety	To make small, restless movements using your hands or other body parts.
Annoyed	Irritated, disturbed, or slightly angry.
Worry	To feel anxious or troubled about actual or potential problems.
Anger	A strong feeling of annoyance, displeasure, or hostility.
Manage	Maintain control over or be in charge of.
Control	The power to influence or direct people's behaviour or the course of events.
Trust	Firm belief in the reliability, truth, or ability of someone or something.

By the end of these topics, I should:

- be able to recognise and name emotions and their physical effects
- know the difference between pleasant and unpleasant emotions
- learn a range of skills for coping with unpleasant/uncomfortable emotions
- understand that feelings can be communicated with and without words
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