









Year One - PSHCE

Feelings and emotions (Worry, Anger, Jealousy, Grief.)

| Key vocabulary | Explanation/ definition | Key knowledge |
|--------------------------|--|--|
| Scared | Feeling fearful or frightened | <p>Learn a range of skills for coping with unpleasant / uncomfortable emotions Be able to recognise and name emotions and their physical effects. Understanding a range of emotions and how they make us feel physically and mentally.</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;">    </div> <div style="display: flex; flex-wrap: wrap; justify-content: space-around; margin-top: 20px;">    </div> |
| Anxious | Worried or uneasy | |
| Nervous | Alarmed about something | |
| Frustrated | Annoyed or disappointed | |
| Respect | Regard for the feelings, wishes, or rights of others | |
| Unpleasant/Uncomfortable | Causing discomfort or distress | |
| Mental health | Psychological and emotional wellbeing | |
| Reflective | Thinking back over an event in deep thought. | |
| Sad/upset | An emotion. | |
| lonely | A feeling of being on your own. | |