



Coleman Primary School

Year 4 Autumn 2 Knowledge Organiser

PSHCE—My Emotions

Key Vocabulary: My Emotions

assertive: expressing your feelings and needs clearly and firmly, without disrespecting others

emotions: feelings which may be strong or mild, positive or negative

overwhelmed: to be overcome with emotion and find it difficult to handle

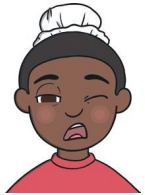
worries: things you are anxious about

impulsive: act without thinking

strategies: a plan or a guide of how to deal with something or how to work towards a goal

Emotions

Your **emotions** are your feelings. Some **emotions** are positive and some are negative. We can learn to express our **emotions** and be **assertive** to try not to become **overwhelmed** by them.



tired



upset



relaxed



excited



disgusted



anxious



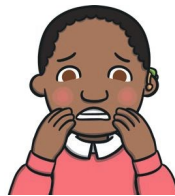
proud



sad



happy



scared

In Year Two and Three you learnt...

- to identify and name emotions
- how to calm down and relax
- to understand thoughts, feelings and behaviour

In Year Four you will...

- recognise diverse emotions and responses
- develop strategies for self-care
- learn to communicate emotions and seek support

You will learn...

- to recognise an increasing range of emotions
- strategies to share worries
- the impact of feelings on actions

Strategies to share worries

Sometimes we can get **overwhelmed** by our **worries**. We will think about **strategies** to cope with **worries** and share them.

Examples are:

- imagine floating on a calm, blue sea with the sun shining on your face
- spend time with somebody you love
- take lots of slow, deep breaths
- find someone that you trust and share your **worries** with them.
- do some colouring
- watch a film or TV show that I really like and don't think about anything



How else could you share your **worries**?

Feelings and actions

When we experience strong **emotions**, they can affect our actions. Some feelings can lead us to be **impulsive** or make poor choices.

We will think about **strategies** to control our **emotions** so we do not get **overwhelmed**.



How do you calm down?



Take a deep breath.



Count to ten.



Think about what I am trying to say.



Keep hands and feet to myself.

PSHCE Skills Progression