



PSHE - My Emotions Knowledge Organiser - Coleman Primary School (Year 2 Autumn 2)

In Year One you were...:

- Understanding kind and unkind behaviour
- Asking for help and telling
- Being assertive
- Supporting others

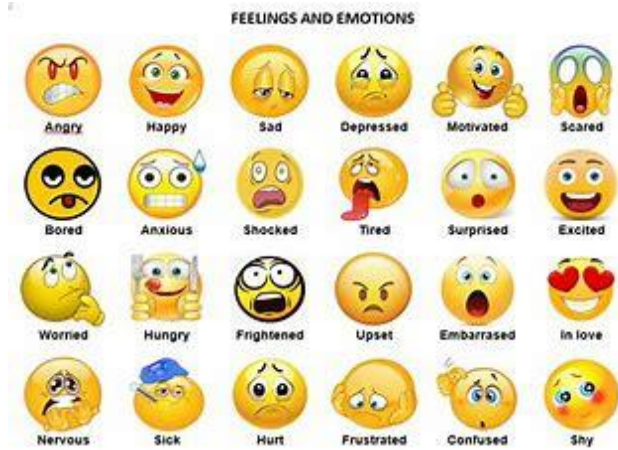
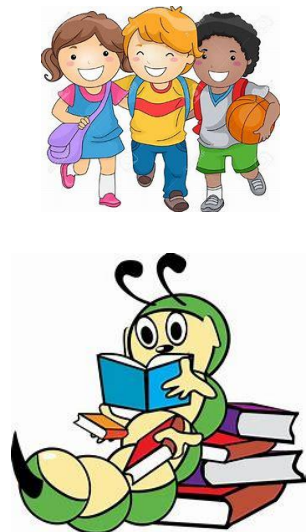
You will learn

- To know the names of a range of feelings and the strength of the feeling.
- To know who to ask for help when they need it.
- To know they can change how they feel.
- To know what it feels like to be relaxed.
- To know how and when to be assertive.
- To know how to solve a problem.

Vocabulary	
Emotions	A strong feeling
Comfortable Feeling	A pleasant, nice feeling
Uncomfortable Feeling	A feeling you do not like
Impulsive	Doing something without thinking
Trusted Adult	An adult that you can share a problem with
Calm	Not showing any nervousness or strong emotion
Relaxation	Feeling calm and peaceful

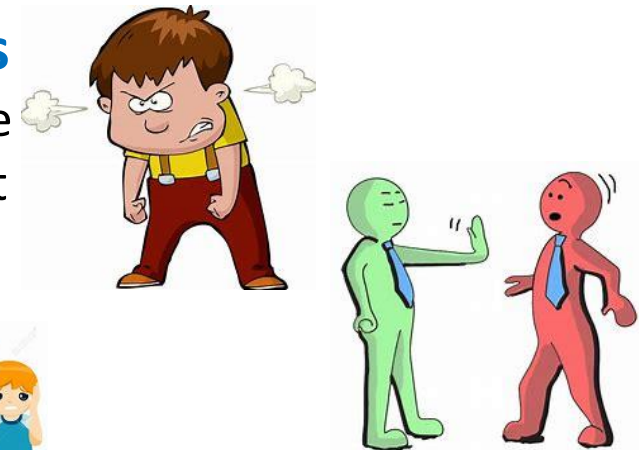
Feelings

How do you feel at different times of the day and on different days of the week



Uncomfortable Feelings

Uncomfortable feelings make you feel sad and angry. What makes you feel sad or angry?



Comfortable Feelings

Some feelings are comfortable feelings. They make you feel happy. What do you do that makes you feel like this?



Assertive

You can tell someone you are not happy with what they have said or done by being assertive. You need to do this calmly!

In Year Two you will...:

- Identifying & naming emotions
- How to calm down and relax
- Understand feelings, thoughts and behaviour
- Learning about impulsive behaviour