1decision PSHE Knowledge Organiser

Years 4-6

Module: Feelings and Emotions
Topic: Anger and Adults' & Children's Views

Key Facts

- It is important to recognise and talk about your emotions
- There is 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
- It is important to judge whether what you are feeling and how you are behaving is appropriate and proportionate

I will learn the following new words/phrases:

Displeasure	*Feeling annoyed, dissatisfied, or disappointed.*
Annoyance	*Something that annoys or irritates someone.*
Hostility	*The state of being unfriendly or full of hate.*

Ask me a question!

- Can you describe the feeling of anger?
- How can we manage the feeling of anger in a positive, healthy way?

By the end of these topics, I should:

- recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant
- explain how feelings can be communicated with or without words
- recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people
- demonstrate a range of strategies to help control and manage unpleasant/ uncomfortable emotions, such as anger