1decision PSHE Knowledge Organiser

Years 1-3

Module: Feelings and Emotions
Topic: Grief and Summative Assessment

Key Facts

- Families are important for children growing up because they can give love, security and stability
- 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
- Mental wellbeing is a normal part of daily life, in the same way as physical health

I will learn the following new words/phrases:

Grief	*Great sadness, often following a death or loss.*
Confusion	*Uncertainty about what is happening, intended, or required.*
Memory box	*A special place where memories are stored.*

Ask me a question!

- What are some of the reasons we might feel or experience grief?
- What other kinds of feelings could we experience if we were feeling grief?
- What could you do if you feel sad about losing someone or something?
- How could you help someone who is experiencing grief?
- How can manage other difficult emotions, such as worry, anger, and jealousy?

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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