

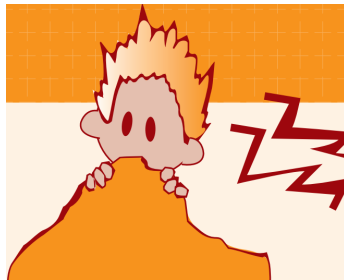
PSHE Spring 1—Dealing with Feelings

Dealing with Feelings



Vocabulary

Mime Cards



Actions

1	Feelings	Emotions that we feel.
2	Personal	How people react to situations?
3	Emotions	Feelings that humans naturally feel.
4	Self-awareness	Being aware of our own feelings.
5	Assumptions	Expectations given from certain feelings.
6	Role play	Using drama to demonstrate different scenarios.
7	Freeze Frame	Miming scenarios.

Anger	Fear	Sadness	Happiness

Words and phrases I will hear and use

Distressed, Relax, Appropriate, Optimistic, Well-being, Expressing feelings, Behaviour, Perspective, Embarrassed, Tense, Irritated, Solution