

1decision PSHE Knowledge Organiser

Module: Feelings and Emotions

Topic: Worry and Summative Assessment

Year
6

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

The image shows two worksheet pages for the topic 'Worry'. The left page is titled 'Worry' and contains three questions: 'Why might people feel worried?', 'What might your body do when you feel worried?', and 'What can we do if we feel worried?'. The right page is titled 'Dear Darlee (Worry)' and features a letter from a child named Alfie. The letter reads: 'Dear Darlee, I am really worried about going to my new school. I don't like to go. I'm scared about getting bullied, lost, and not making any friends. Can you help?' Below the letter is a response box for 'Dear Alfie,'.

I will learn the following new words/phrases:

Worry	<i>To feel anxious or troubled over actual or potential problems.</i>
Anxious	<i>Feeling worried, nervous, or afraid about something certain or uncertain.</i>
Troubled	<i>Having problems or difficulties. Feeling nervous or worried.</i>
Positive action	<i>Doing something that results in a good or beneficial outcome</i>
Prepare for change	<i>To make or get ready for something different.</i>
Mindfulness	<i>Slowing down to really notice what you're doing.</i>
Strategies	<i>A plan, method, or series of actions meant to perform a particular goal or effect.</i>
Managing emotions	<i>To look after and make decisions about your feelings.</i>

By the end of these topics, I should:

- recognise our thoughts, feelings, and emotions
- identify how we can reduce our feeling of worry
- explain how we can support others who feel worried
- recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people

Ask me a question!

- How can you manage feelings of worry?
- If someone you know is feeling worried, what could you do to help?
- Who could you talk to to help you manage a difficult emotion?