

Understanding Our Feelings: PSHE Assessment

Learning objective: To identify, describe, and manage a range of complex feelings, and to understand how our emotions influence our behaviour and relationships.

Read each question carefully. Write your answers clearly in the space provided. Remember to explain your reasons where asked.

Max the monkey is having a busy day. He planned to build a wooden puzzle, but the pieces keep sliding apart. He feels his face getting hot and his hands are shaking. Nearby, Pip the caterpillar notices Max looks frustrated and remembers a time when she struggled to read a difficult new word.

Word bank: Resilience · Empathy · Trigger · Strategy · Regulation · Perspective · Calm · Confidence

1. Identify two physical signs that Max is feeling frustrated, based on the text provided. (2 marks)

2. Why is it important for Pip to show empathy towards Max? Explain how showing empathy can change the way Max feels. (3 marks)

3. List two 'calm-down' strategies that a Class 4 student could use if they feel overwhelmed in the classroom. (2 marks)

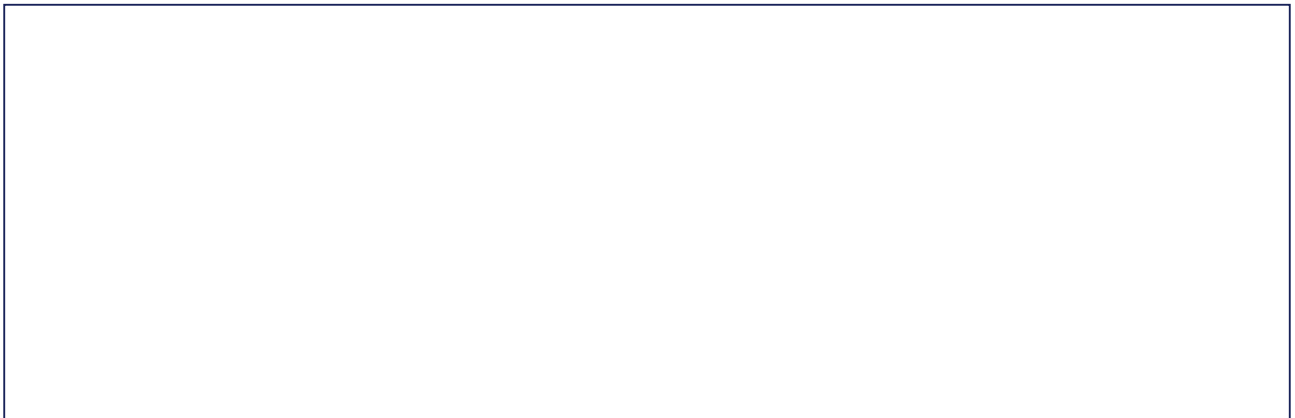
4. What is a 'trigger'? Describe a situation that might be a trigger for a feeling of nervousness at school. (3 marks)

5. Explain the difference between a 'big' feeling and a 'small' feeling. Why do we need to learn how to regulate both types of emotions? (4 marks)

6. Max decides to take a deep breath and ask for help instead of giving up on his puzzle. Describe why this is a good example of building resilience. Think about what might happen if he chose to walk away instead. (6 marks)

7. Imagine a friend is feeling lonely during playtime. Write a short plan (3-4 sentences) explaining what you would do to help them feel included and why your actions would be helpful. (5 marks)

Draw: In the space below, draw a 'Feeling Thermometer'. Label the bottom (cool) with a calm feeling and the top (hot) with a very intense feeling. Show one strategy you can use at the middle of the thermometer to stop your feelings from getting too high.



Extension challenge: Total: /25