

Exploring Our Emotions: A Year 4 Vocabulary Mat

Learning objective: To identify and describe a wide range of emotions and understand how to express them in a healthy, positive way.

Key Vocabulary

Use this word mat to help you articulate your feelings. The terms are grouped into 'Positive States', 'Challenging Emotions', and 'Social Awareness'. Choose the most precise word to describe your inner experience today.

Content	A feeling of peaceful happiness or ...	Explain why it is ...	Compare and con...
Justify your ans...	Is it possible to feel 'app...	What might happ...	If you were feelin...
Create a short sto...			