

Exploring Our Feelings: A Year 5 PSHE Word Mat

Learning objective: To identify, describe, and understand a wide range of complex emotions and how they influence our behaviour.

Key Vocabulary

Use this reference mat to help you express your emotions clearly. The terms are grouped into categories to help you find the right word for how you are feeling.

Max feels 'frustra...	If Pip the caterpill...	Why is it importa...
How might feeling...	Define the word '...	