

Understanding Our Emotions: A Class 4 PSHE Assessment

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

Read each question carefully. Use the word bank to help you express your thoughts clearly. Ensure you provide full sentences for longer answers.

Nova the owl often spends her evenings stargazing. Sometimes, when the clouds hide the stars, she feels a sense of disappointment. However, she knows that the stars are still there behind the clouds. Max the monkey often finds maths puzzles tricky. When he cannot solve a calculation, he feels a surge of frustration, but he has learned that taking a deep breath helps him think more clearly.

Word bank: Regulation · Empathy · Resilience · Strategy · Perspective · Frustration · Contentment · Anxiety · Impulsive

1. Identify two different emotions Nova and Max feel in the passage. Why might those feelings change their behaviour? (2 marks)

2. Define the term 'resilience' in your own words. How can showing resilience help you when you are struggling with a difficult task? (2 marks)

3. Explain why it is important to recognise your own 'triggers'—the things that cause you to feel angry or upset—before you react. (3 marks)

4. Compare and contrast 'feeling nervous' with 'feeling excited'. How might these two feelings physically manifest in the body in the same way? (3 marks)

5. Imagine a friend is feeling very anxious about an upcoming school performance. Justify why using active listening and empathy is a better way to support them than simply telling them to 'stop worrying'. (4 marks)

6. What might happen if someone never learned to regulate their big emotions? Suggest two potential consequences for their friendships or their learning. (3 marks)

7. Extended Writing Task: Describe a time you felt a 'complex emotion' (a mix of two or more feelings). Explain what caused this feeling, how your body reacted, and what strategy you used to manage your response. (5 marks) (5 marks)

Draw: Draw a 'Feelings Thermometer' that shows a range of emotions from 'calm' at the bottom to 'very overwhelmed' at the top. Label each stage with a strategy you could use to return to a calm state.



Extension challenge: Total: /25. Challenge: Write a short, persuasive poem from the perspective of an emotion (e.g., 'The Gift of Anger' or 'The Quiet of Joy') explaining why that emotion is useful to humans. Consider the vocabulary of emotional intelligence in your writing.