

Understanding Our Feelings: A PSHE Assessment

Learning objective: To identify, describe, and manage a range of complex emotions and understand how they influence behavior.

Read each question carefully. Give full, thoughtful answers. Use the word bank to help you express your ideas clearly.

Max the monkey is usually very cheerful, but today he is feeling quite overwhelmed because his math puzzle is much harder than he expected. He feels a sudden sense of frustration. Meanwhile, Pip the caterpillar is watching Max and decides to offer a kind word. Nova the owl suggests that Max takes a deep breath and steps back from the puzzle to gain a new perspective.

Word bank: resilience · empathy · strategy · perspective · self-regulation · frustration · positive · wellbeing

1. Identify two different emotions Max might be feeling in the passage and explain why he might feel them. (2 marks)

2. What does 'empathy' mean, and how does Pip show empathy towards Max in this situation? (3 marks)

3. Nova suggests that Max takes a deep breath. Explain how a 'self-regulation' strategy like this helps someone who is feeling overwhelmed. (4 marks)

4. Give one example of a time you felt a strong emotion. What was the situation, and how did you manage that feeling effectively? (4 marks)

5. Why is it important to recognize the feelings of others when you are working as part of a team? Give a detailed example. (3 marks)

6. Extended Writing: Imagine a friend is going through a difficult time and feels very worried about an upcoming school performance. Write a short letter to your friend explaining how to build 'resilience' and suggesting two healthy ways they can look after their mental wellbeing. (9 marks)

Draw: Draw a 'Feelings Thermometer' that shows how an emotion like anger or excitement can start small and grow. Label the different levels with words describing how your body feels at each stage.



Extension challenge: Total: /25. Think about how the language we use affects the feelings of others. Can you write down three 'positive affirmations' you could say to yourself when you find a task difficult?