

## Exploring Our Emotions: A PSHE Assessment

*Learning objective: To identify, understand, and articulate a range of complex emotions and develop effective strategies for emotional regulation and empathy.*

Read each question carefully. Use the provided word bank to support your answers where appropriate. Ensure your responses are thoughtful and reflect your understanding of emotional wellbeing.

Leo the lion often leads the forest group on long adventures. Sometimes, the path is steep, and the group feels tired or anxious. Max the monkey sometimes gets frustrated when a puzzle is too hard, while Pip the caterpillar feels shy when speaking in front of the others. By talking about how they feel and listening to one another, they learn to support each other and keep going.

*Word bank: Resilience · Empathy · Regulation · Perspective · Self-awareness · Triggers · Communication · Mindfulness*

**1. Define the term 'empathy' and explain why it is important when a friend is feeling sad or upset. (2 marks)**

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**2. Max the monkey feels frustrated when a maths puzzle is difficult. Suggest two healthy 'regulation' strategies Max could use to calm down before trying again. (2 marks)**

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**3. Identify one 'trigger' that might cause someone to feel anxious in a classroom setting, and describe how that feeling might manifest physically in their body. (3 marks)**

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**4. Compare and contrast 'temporary feelings' (like being briefly annoyed) and 'long-term mental health wellbeing'. Why is it important to recognise the difference? (4 marks)**

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**5. Explain why it is often difficult to communicate our feelings when we are overwhelmed. What might happen if we do not find a way to express these emotions? (4 marks)**

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**6. Justify this statement: 'Having a wide vocabulary for our emotions helps us manage them better.' Use an example to support your argument. (3 marks)**

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**7. Extended Writing: Leo the lion is struggling with the pressure of leading the group. Write a short, empathetic letter from the perspective of another forest friend offering advice on how to build resilience and when it is appropriate to ask for help from a trusted adult. Use at least three words from the word bank. (7 marks)**

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**Draw: Draw a 'Feelings Landscape'. Use colours and symbols to represent a complex emotion (e.g., 'nervous excitement' or 'calm determination') rather than just a simple facial expression.**



*Extension challenge: Total: /25. Challenge: Research the concept of the 'Window of Tolerance'. Create a visual diagram explaining how we can return to our window when we feel 'high' (agitated) or 'low' (withdrawn). Why is self-awareness the first step in this process?*