

Exploring Our Emotions: A PSHE Challenge

Learning objective: To identify, label, and articulate complex emotions, and to understand how feelings influence our behaviours and interactions.

Read the following cards carefully. Use these to test your understanding of emotional intelligence. For the 'Greater Depth' questions, provide thoughtful, reasoned explanations.

Empathy

The ability to understand and share the feelings of another person by imagining yourself in their position.

Resilience

The capacity to recover quickly from difficulties; showing toughness and a positive mindset when facing a challenge.

Frustration

The feeling of being upset or annoyed, especially because of an inability to change or achieve something.

Contentment

A state of happiness and satisfaction with your current situation or possessions.

Ambivalence

The state of having mixed feelings or contradictory ideas about something or someone at the same time.

Self-regulation

The ability to monitor and manage your energy states, emotions, thoughts, and behaviours in ways that are acceptable.

Explain why it is possible for a person to feel 'ambivalence' when starting a new school.

Because they may feel both excitement about making new friends and anxiety about leaving their old routine behind.

Compare and contrast 'resilience' with 'giving up'.

Resilience involves acknowledging a struggle but persisting to find a solution, whereas giving up involves stopping the effort entirely when faced with a setback.

Justify why 'self-regulation' is an essential skill for working in a team.

It allows a person to stay calm during disagreements, listen to others' viewpoints, and contribute effectively without letting strong emotions hinder the group's progress.

What might happen if someone consistently ignores their feelings of 'frustration' instead of addressing them?

The feelings may build up over time, potentially leading to an 'emotional explosion' or a long-term decline in their mental well-being.

How can 'perspective' change the way we feel about a mistake we have made?

By viewing the mistake as a 'learning opportunity' rather than a 'failure', we can transform feelings of shame into feelings of curiosity and determination.

Describe a scenario where showing 'empathy' could de-escalate a conflict between two friends.

If one friend is angry, the other could use empathy to acknowledge the hurt behind the anger, which validates the first person's feelings and lowers the tension.