

Navigating Our Feelings: A Year 5 PSHE Vocabulary Mat

Learning objective: To develop a sophisticated emotional vocabulary and understand how to manage complex feelings effectively.

Key Vocabulary

Use this reference mat to help articulate your emotions and understand the feelings of others. The terms are grouped by intensity and category to help you select the most precise word for your thoughts. Please read through the definitions carefully before attempting the reflection questions.

Explain why resil...	Compare and con...	Justify your ans... Is it possible for a person..
What might happ...	Describe a scenar...	Why is 'perspecti...