

Understanding Our Feelings: A PSHE Assessment

Learning objective: To identify, describe, and manage a range of feelings and understand how to support mental wellbeing.

Read each question carefully. Use the word bank if you need help. Write your answers clearly on the lines provided.

Max the monkey is feeling a bit worried about his math test. Pip the caterpillar notices Max is frowning. Pip says, 'It is okay to feel worried sometimes. Let's take a deep breath together.' Max feels better after they talk about it.

Word bank: calm · worried · kind · support · breathe · talk · happy · healthy

1. 1. How is Max feeling at the start of the story? (1 mark) (1 mark)

2. 2. List two things you can do if you feel worried or sad. (2 marks) (2 marks)

3. 3. Why is it important to talk to a trusted adult when you have big feelings? (3 marks) (3 marks)

4. 4. Pip shows Max how to take a deep breath. Why does this help our bodies feel better? (4 marks) (4 marks)

5. 5. Think of a time you helped a friend who was sad. Write a short story (3-5 sentences) about what you did and how you made them feel better. Use these starters: 'My friend felt... I decided to... We felt...', (10 marks) (10 marks)

6. 6. Give one example of a 'healthy habit' that keeps your mind feeling good. (5 marks) (5 marks)

Draw: Draw a picture of a place where you feel safe, calm, and happy.



Extension challenge: Total: /25. Challenge: Write down one positive affirmation (a kind thing to say to yourself) that you can use when you feel upset.