Understanding Our Feelings: A PSHE Assessment

Learning objective: To identify, describe, and develop strategies to manage a range of complex emotions and understand how they impact our well-being.

Read each question carefully. Use the word bank if you need help with vocabulary. Write your answers clearly in the spaces provided.

Nova the owl often watches the forest from her high branch. She notices that just like the weather changes, feelings change too. Sometimes, animals feel as bright as sunshine, and other times, they feel as grey as a storm cloud. Max the monkey has learned that when he feels frustrated, taking three deep breaths helps him think clearly again. Ellie the elephant knows that sharing her worries with a friend makes her feel much lighter. Everyone experiences big feelings, and finding healthy ways to manage them is a very important skill.

Word bank: Resilience · Empathy · Mindfulness · Trigger · Strategy · Expression · Well-being · Perspective

1. Name two different emotions a person might feel and explain one way that emotion might change their body language. (2 marks)

2. Max uses deep breathing to manage his frustration. Suggest two other healthy strategies someone could use if they are feeling angry or overwhelmed. (2 marks)

3. Define the term 'empathy' and explain why it is important when interacting with friends at school. (3 marks)

4. Explain what a 'trigger' is in the context of our feelings. Give an example of a situation that might be a trigger for a child in Year 5. (3 marks)

5. Why is it important to talk to a trusted adult about our feelings, especially if we have been feeling sad or worried for a long time? (4 marks)

6. Describe a time when you experienced a strong emotion (e.g., excitement, nervousness, or disappointment). How did you express this feeling, and what did you learn about yourself from that experience? Write 100–150 words. (8 marks)

7. True or False: Is it possible to feel more than one emotion at the same time? Explain your answer briefly. (3 marks)

Draw: Draw a 'Feelings Map' of a character. Use different colours to show the different emotions they might be feeling in their heart, head, and stomach during a busy day at school.

Extension challenge: Total: /25. Challenge: Write a short poem about resilience, using the perspective of a young tree growing through a windy season.