Understanding Our Feelings: A Year 5 Word Mat

Learning objective: To develop a rich vocabulary for describing a range of complex emotions and identifying how they impact our mental wellbeing.

Key Vocabulary

Explore these emotional descriptors grouped by category. Use these terms to help you articulate your feelings during class discussions and reflective writing tasks.

Max feels 'resilien…	**Which emotion fr…**	**Nova notices a fri…**
Write a sentence …	**Why might it be h…**	