



Key Facts

- There are a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- You can seek support in many ways, from a variety of different sources and it is important to recognise the triggers for seeking support

Ask me a question!

- If you feel worried, what actions could help you to feel better?
- Why is it important to talk and share your worries with someone?
- Who could you talk to about your feelings?
- How can we control the feeling of anger?

I will learn the following new words/phrases:

Fidgety	<i>To make small, restless movements using your hands or other body parts.</i>
Annoyed	<i>Irritated, disturbed, or slightly angry.</i>
Worry	<i>To feel anxious or troubled about actual or potential problems.</i>
Anger	<i>A strong feeling of annoyance, displeasure, or hostility.</i>
Manage	<i>Maintain control over or be in charge of.</i>
Control	<i>The power to influence or direct people's behaviour or the course of events.</i>
Trust	<i>Firm belief in the reliability, truth, or ability of someone or something.</i>

By the end of these topics, I should:

- be able to recognise and name emotions and their physical effects
- know the difference between pleasant and unpleasant emotions
- learn a range of skills for coping with unpleasant/uncomfortable emotions
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